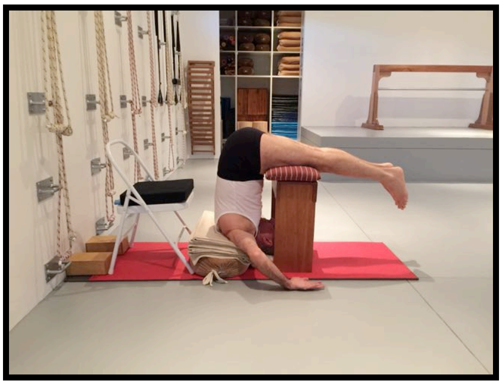
# Relaxed Body – Relaxed Mind

## A Guide to Iyengar Yoga Restorative Practice
## (Visranta Karaka Sthiti)
## Asanas and Sequences

A profound intelligent rewarding
and transformative guide



compiled by
David Jacobs and Jürgen Meusel

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## Restorative Asanas and Sequences

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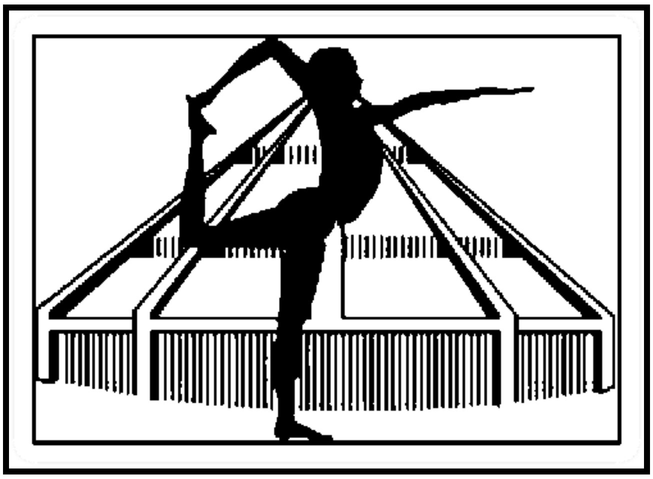

Based on the teachings of Yogacharya BKS Iyengar
Geeta S. Iyengar
Prashant S. Iyengar
at the Ramamani Iyengar Memorial Yoga Institute (RIMYI)
Pune, India

David Jacobs & Jürgen Meusel

# A Guide to Iyengar Yoga Restorative Practice
## Restorative Asanas and Sequences

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All matters regarding your health require medical supervision; please consult such a medical professional before commencing any of the sequences, and postures in this guide.
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# Relaxed Body – Relaxed Mind

## A Guide to Iyengar Yoga Restorative Practice (Visranta Karaka Sthiti)

## Essential Restorative Yoga Sequences

## Foreword

Yoga can help to improve and heal parts of the body that are injured, traumatized or neglected. Movement of the body in the asanas stimulates injured joints, muscles and organs by increasing the flow of blood to these parts. The asanas in this guide are based on the sequencing of selected restorative asanas.

**Yoga Wisdom**
**We should find perfect existence through imperfect existence.**

Restorative asanas are restful and tone the body with minimum effort. They should not be underestimated as they have a deep and powerful physiological effect. They nourish the nervous system and increase the efficiency of the glandular system, which is essential for physical and mental health. The inner organs stay for some time in positions where they are extended or massaged - hidden parts of the body and cells are therefore activated. Students cannot afford to neglect these tremendously beneficial postures.

This guide is a result of our 28 years of yoga sadhana. It has evolved from a continuous journey of practice and study in our home practice at the RIMYI and under BKS Iyengar, Geeta and Prashant Iyengar, in countless workshops that we attended or offered in South Africa, around the world and from working with teachers and students in our own Iyengar Yoga Centre in South Africa.

The practice guide contains general information about the healing potential of yoga and is for informational purposes only. As each individual situation is unique, it is advised that proper discretion in consultation with a certified Iyengar yoga teacher is observed before undertaking any of these asanas in the practice guide.

## The History of Restorative Yoga

The development of restorative yoga poses began in 1937 with Yogacharya BKS Iyengar, a yoga teacher from Pune, India, and author of the world famous classic *Light on Yoga* and numerous books. Widely recognized as a worldwide authority on yoga he was one of the most creative teachers of yoga today. He often referred to restorative yoga poses as *active relaxation*. By supported the body, students can alternately stimulate and relax the body to move towards relaxation and balance. This idea led BKS Iyengar to incorporate props into his yoga practice and teaching the poses could be modified and practised without strain, helping students to recover from injury, over-working and illness in a therapeutic way. Restorative yoga originated in the Iyengar tradition, using a variety of props to help each student find the correct alignment of each specific asana that works best for the students own body ( RIMYI Pune, India)

**Yoga Wisdom**
**You asked me what I came into the world to do –**
**I came to live out loud.**

## About Restorative Yoga Poses

Restoratives yoga poses come in all forms including back extensions, forward extensions, inversions, twists and supine. Their common thread however is that they are performed in a supported way, so you use very little muscular effort. While doing these poses, learn to relax the body and allow the circulation of the breath and the mind to be integrated into the body. These poses demand that the mind be present when there is no strong physical presence.

## Benefits of Restorative Yoga

### Supported asanas

Most of the things we do in our daily lives, can lead to imbalances in the body, mind and breath. Restorative yoga helps to counter the imbalances and restore the body to balance. The practice of restoratives yoga is beneficial because it works in a passive, not active manner, as it places the body into positions that are effective on both the physical and emotional level without any strain.

## Props

Students should be competent in the use of props and understand the fundamental principles of their use. It is difficult for students of yoga to measure their own capacity. Stiffness of the body, fear complexes of the mind, unfamiliarity with the movements of the body and ignorance of skillful actions and adjustments all hinder students from improvement and recovery. Teachers have to guide them in the use of props as they create confidence and courage. Asanas and their variations performed with props help with minute, subtle and essential adjustments, which increase the effectiveness and liveliness of an asana. (Geeta S. Iyengar, Pune, India July 2006)

## Essential Props need for a Restorative Yoga Practice

- Blocks
- Round bolsters
- Flat bolsters
- Blankets – some key blankets folds needed for a restorative yoga practice – open fold, half-fold, oblong fold, square fold, small square, short roll, long roll, accordion, head-rest fold, rectangular fold. (see photos)
- Straps
- Metal folding chair
- Sandbags
- Eye bag
- Head wrap
- Yoga mat
- Wall and wall ropes

### Blankets:

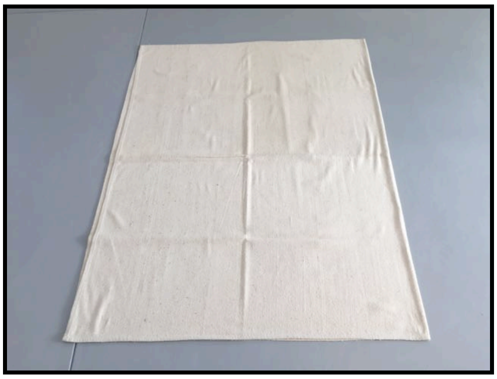
Blankets are the most important and versatile prop. You can spread a blanket on the floor for padding or insulation. Blankets provide extra cushioning and warmth during the practice of restorative yoga. The weight of the blanket will also help you to relax while you are in the poses. Blankets are also used to provide full or partial support or they can be layered to create a bolster. Since n there are many ways you can work with a blanket, its important to know the many ways they can be manipulated and folded for use.

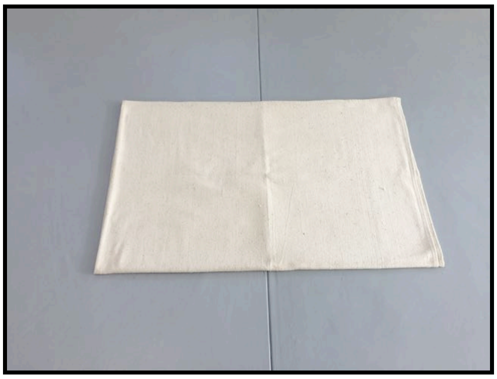
Here are some of the key and most common folds one would find in any Iyengar yoga class.

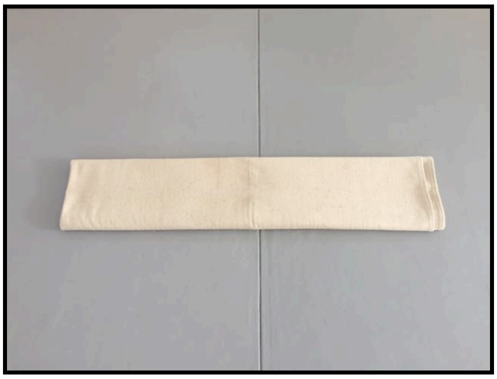
Some key blanket folds needed for a restorative yoga practice: -

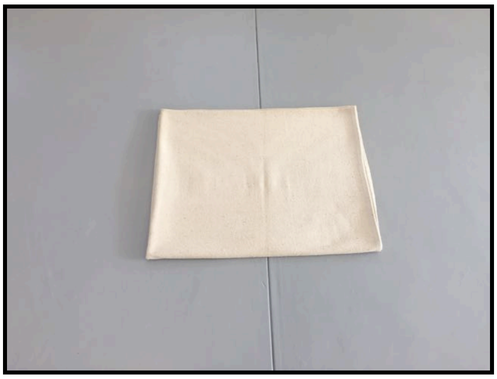
1.) open fold
2.) half fold
3.) oblong fold
4.) square fold
5.) small square fold
6.) short roll
7.) long roll
8.) accordion
9.) head-rest fold
10.) rectangle fold

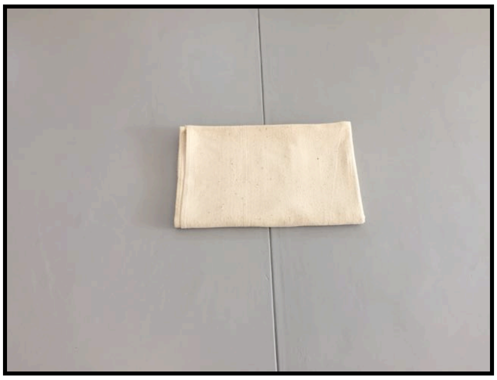
Key blanket folds

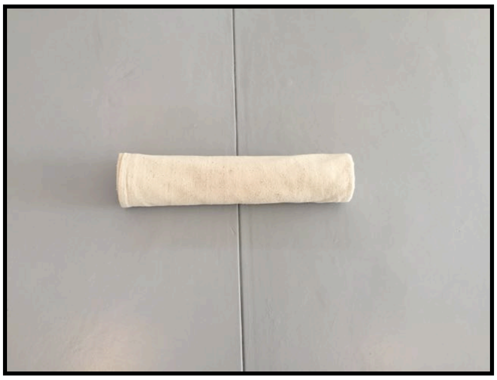

open fold

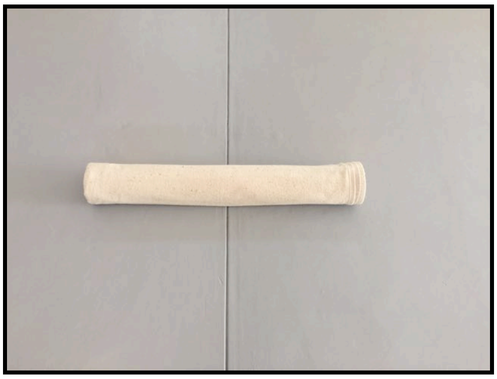

half fold

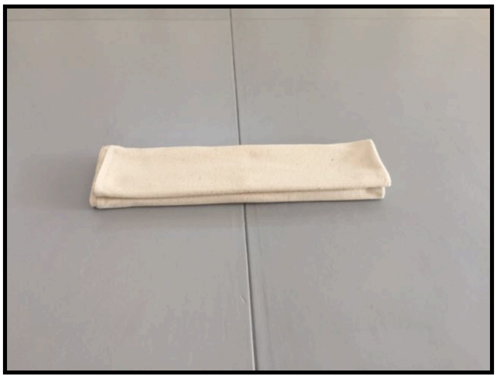

oblong fold

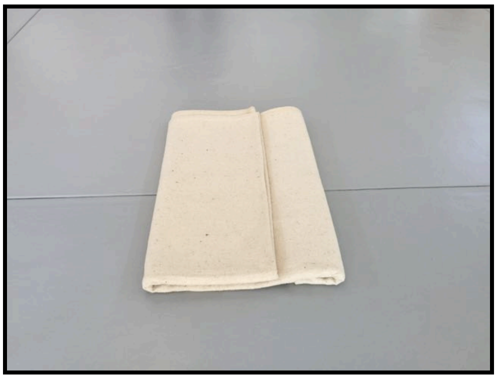

square fold


small square fold

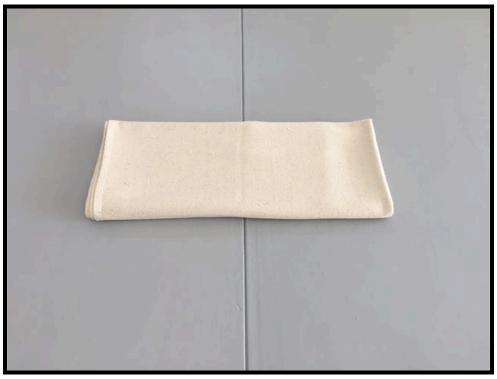

short roll


long roll


accordion



head-rest fold



rectangle fold

## Guidelines for practice

### Some cautions

- The stomach and bowels should be empty
- Do not wear tight clothing that restricts breathing, digestion or circulation
- Do not practice in direct sunlight or in a cold room
- Do not hold the breath during the postures
- The eyes, ears, throat and abdomen should be relaxed
- Do not force the body beyond its capacity
- Backaches and various weaknesses may come to the fore during practice – if this happens, try adjusting the height of the prop and decrease the time in the posture.
- Any pain felt in the posture, should be temporary. Persistent pain is a sign of incorrect practice, or of a physical problem.
- If any exhaustion is felt the practice has been too long or wrong postures have been attempted.

**Yoga Wisdom**
**Don't kill the instinct of the body**
**for the glory of the pose.**

## Overall physical benefits of Restorative Yoga

- relieves chronic stress
- restores after surgery
- prevents disease
- helps relieves women's and men's issues
- helps relieve cold and flu symptoms
- boosts immune system
- alternately stimulate and soothes the internal organs
- relieves sciatica and sacroiliac dysfunction
- each sequence is designed to move the spine in all directions
- restores energy
- relaxes the body
- relaxes the mind
- calms the breath

## Sequencing

Structure is the secret of an enjoyable yoga practice. Asanas cannot be jumbled together in any which way. The proper sequence of poses is crucial to the effective opening and closing of the body. Each posture has a specific effect on the body. When combined with another posture these effects can be used to heal, raise energetic states and soothe. The proper combination of asanas is crucial to an intelligent understanding of yoga that goes beyond mere repetition of postures.

## Timing

Timing refers to the length of time spent in postures. Postures cannot be done swiftly of without awareness. It takes time to move into a posture and become stable. When this has been achieved, then one remains stable for some time to intensify the depth of the posture and so to extract its benefit otherwise the potential effect and benefits remains small compared to what is possible. Iyengar yoga practitioners are known for their ability to stay for prolonged duration of time in different asanas. One should stay in the asana as long as one is contemplative, reflective in that asana so that one becomes meditative in whatever what asana one is performing. We may extend our chronological duration of staying in the asana, but at the cost of quality. Such a practice has no meaning but is in fact detrimental.

**Yoga Wisdom**

**The whirlpools of the mind can be stilled by the breath**

## How to us this practice guide

Keep the following in mind when using this guide. This guide is not a substitute for learning with a certified Iyengar yoga teacher. The various subtleties of the instructions in the Iyengar method cannot adequately be captured in a book. While this guide may help you study and explore the asanas, no guide can observe you and correct the mistakes you may make while performing the asanas.

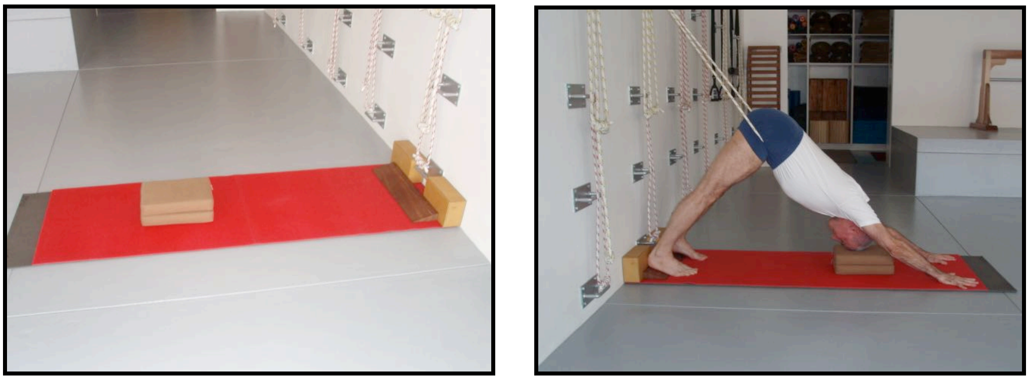
## Suggested books for reference

Yoga in Action, preliminary Course
Yoga in Action, Guidelines for teachers
Yoga in Actin, Intermediate Level I
Gem for Women
Yoga, the Iyengar Way
Light on Yoga

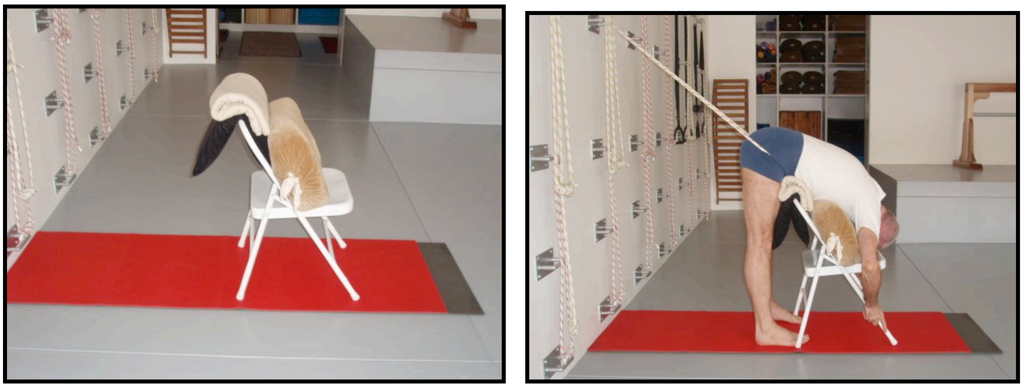
**Yoga Wisdom**

**Feeling tired. Not in the mood. Your body is aching. Stiff. You have got other things to do.**
**Can't slow down your mind.**
**Just get onto the mat.**

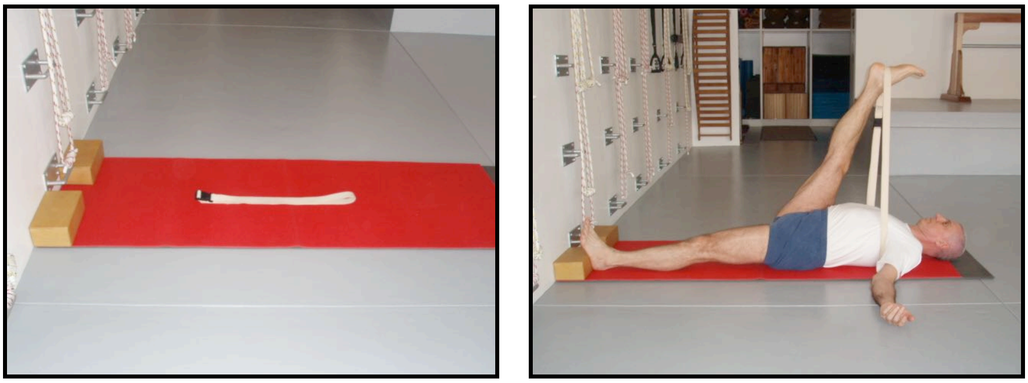
## Sequence 1



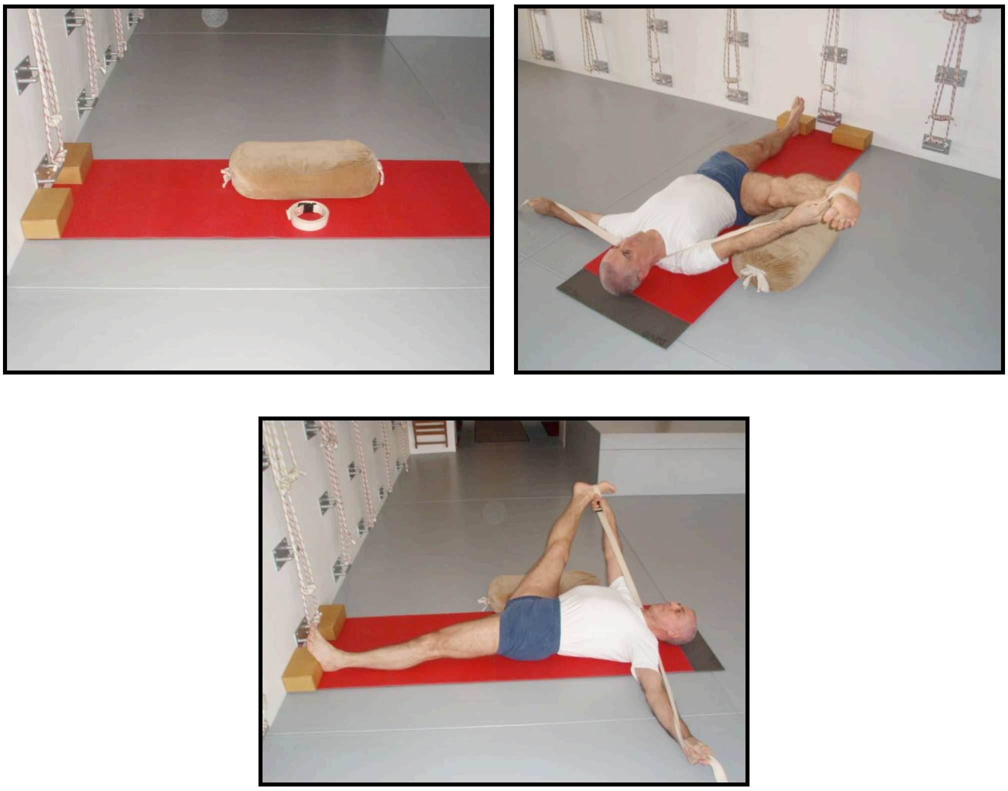
Rope Adho Mukha Svanasana



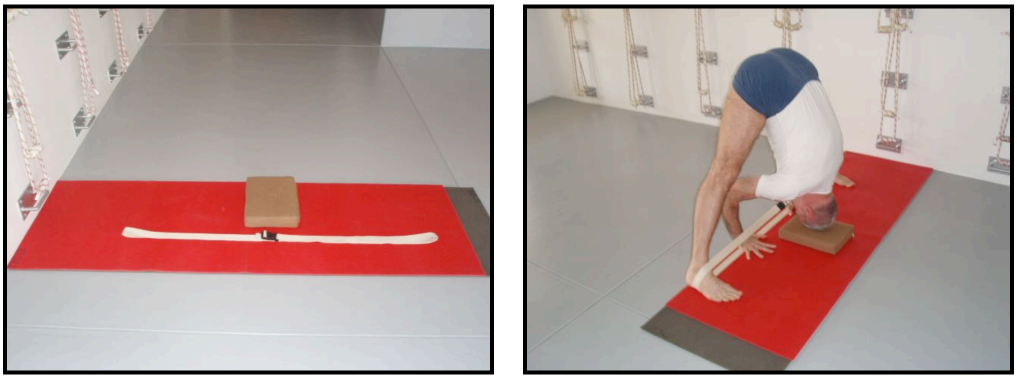
Uttanasana with chair



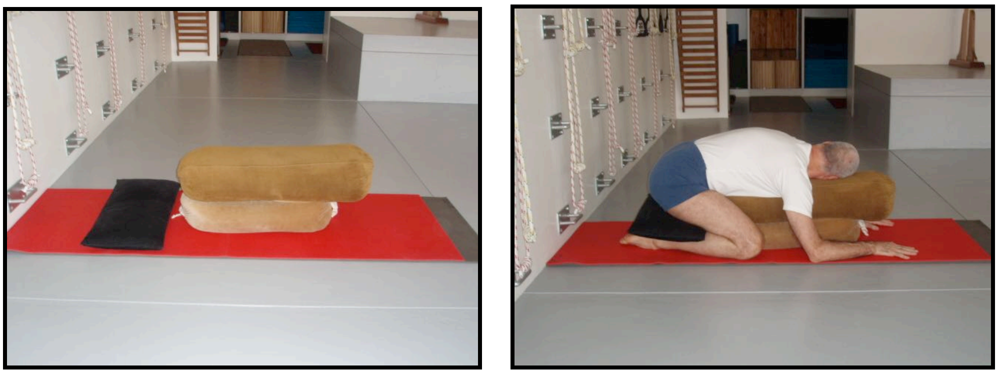
Supta Padangusthasana I



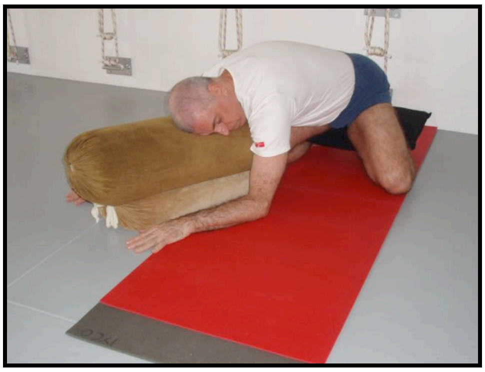
Supta Padangusthasana II



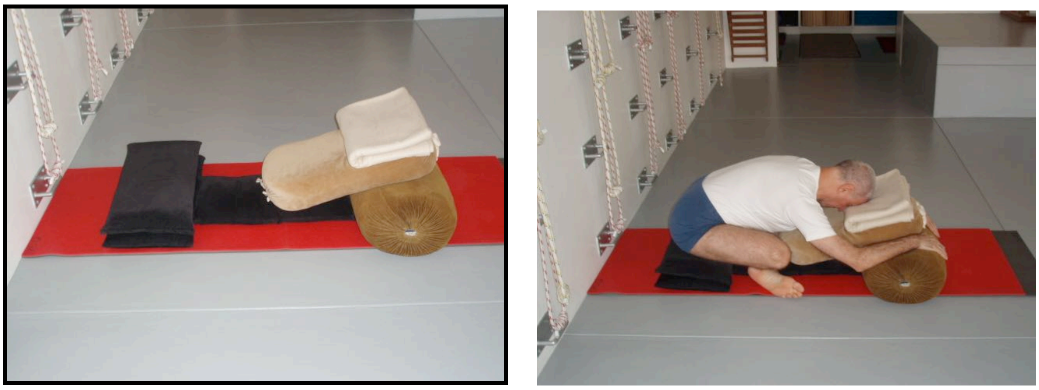
Prasarita Padottanasana I



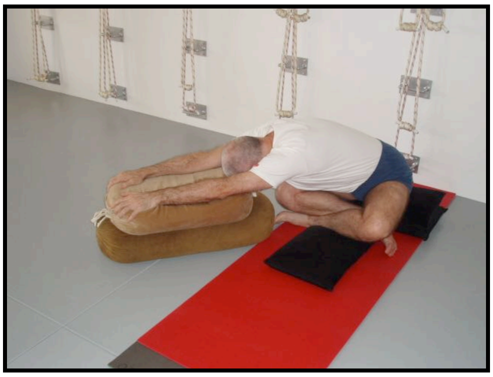
Adho Mukha Virasana



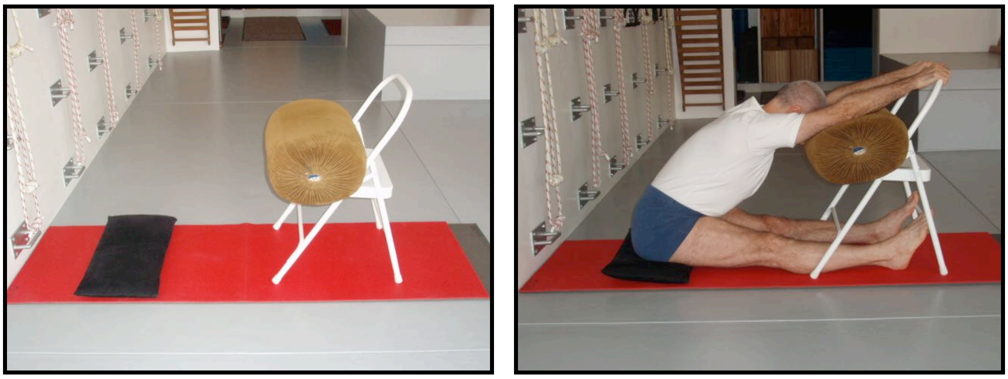
Parsva Adho Mukha Virasana



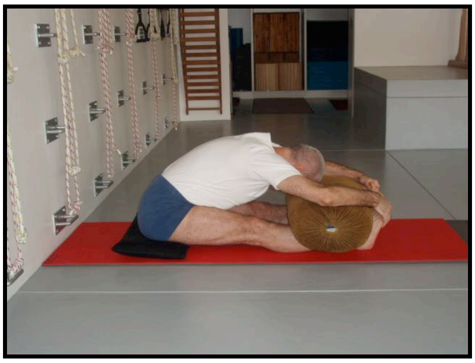
Adho Mukha Swastikasana



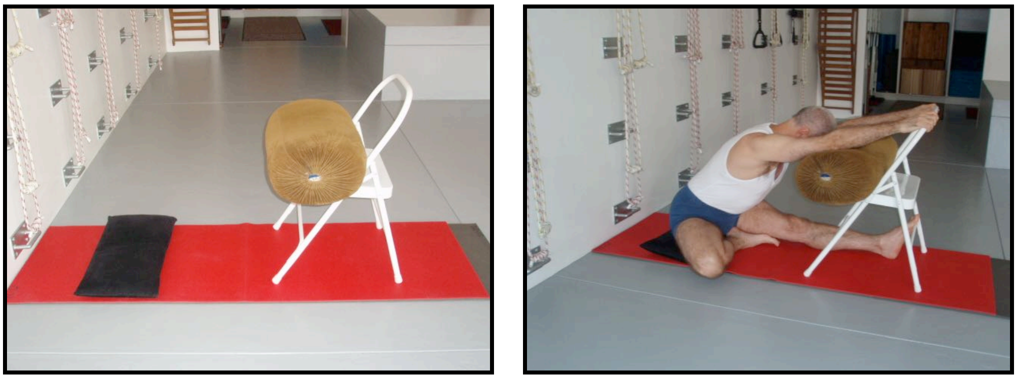
Parsva Adho Mukha Swastikasana



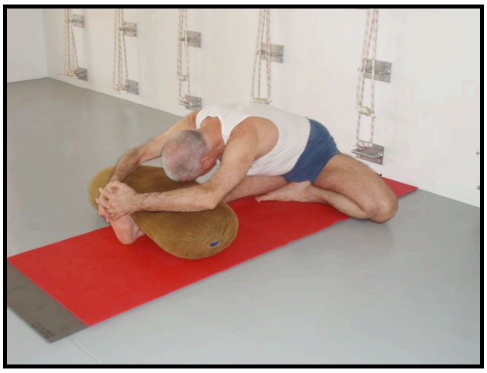
Paschimottanasana with chair



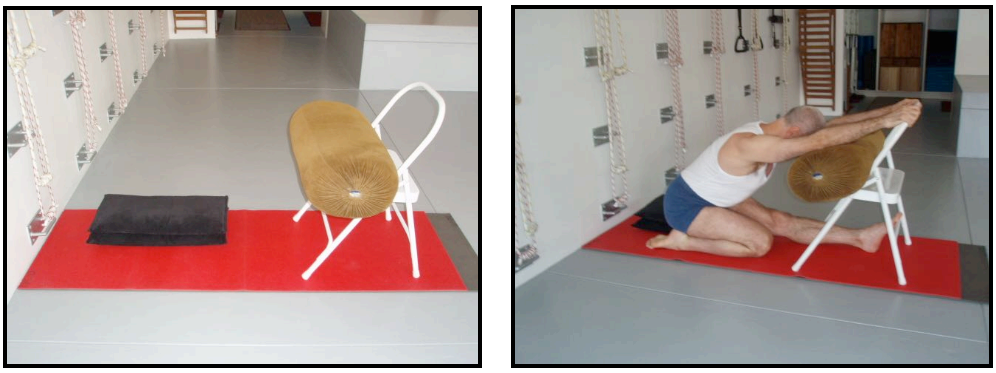
Paschimottanasana



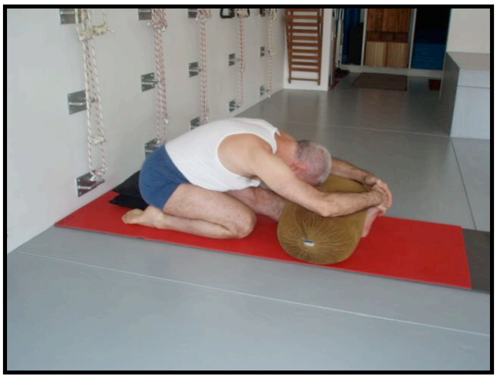
Janu Sirsasana with chair



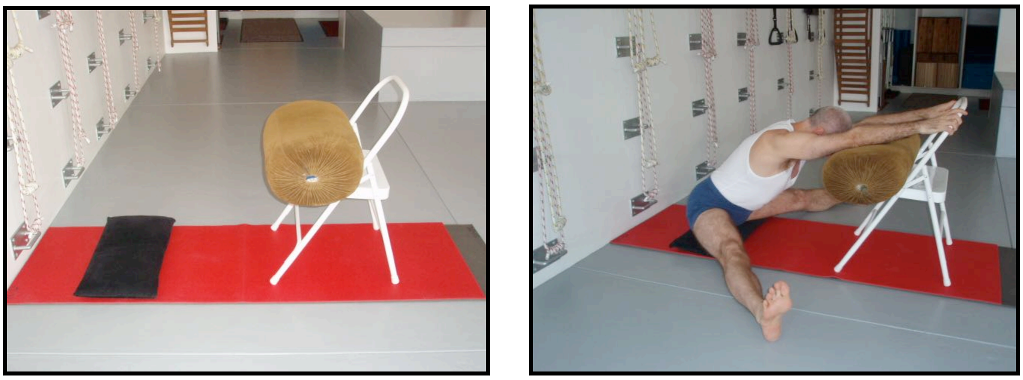
Janu Sirsasana



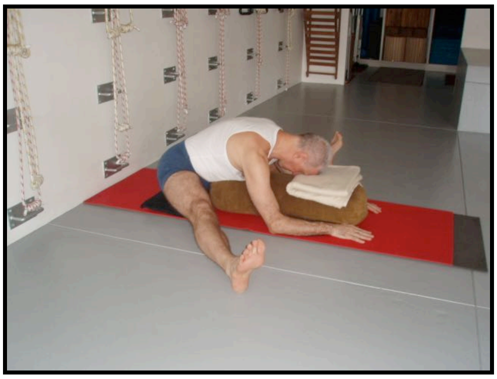
Triang Mukhaikapada Paschimottanasana with chair



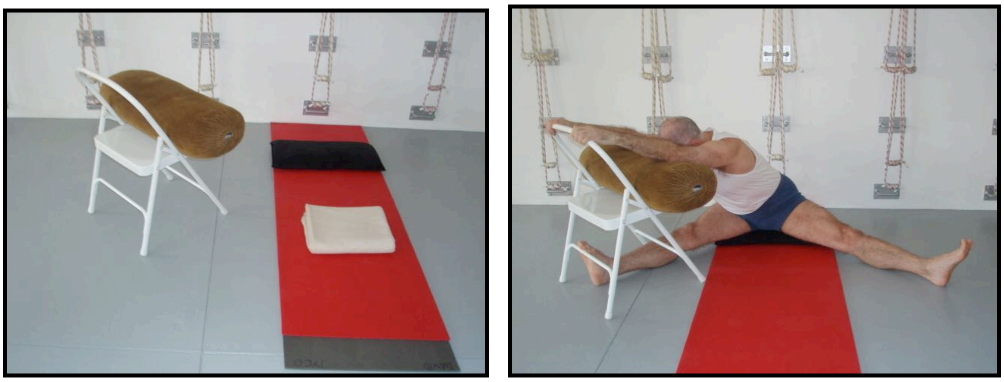
Triang Mukhaikapada Paschimottanasana



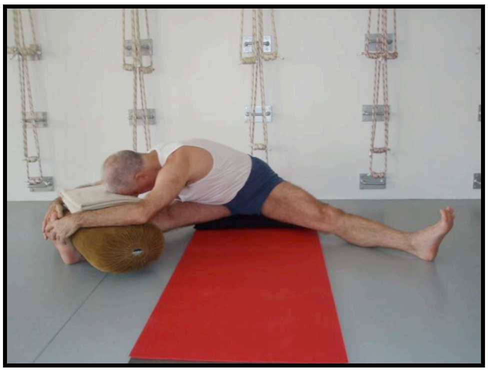
Upavistha Konasana with chair



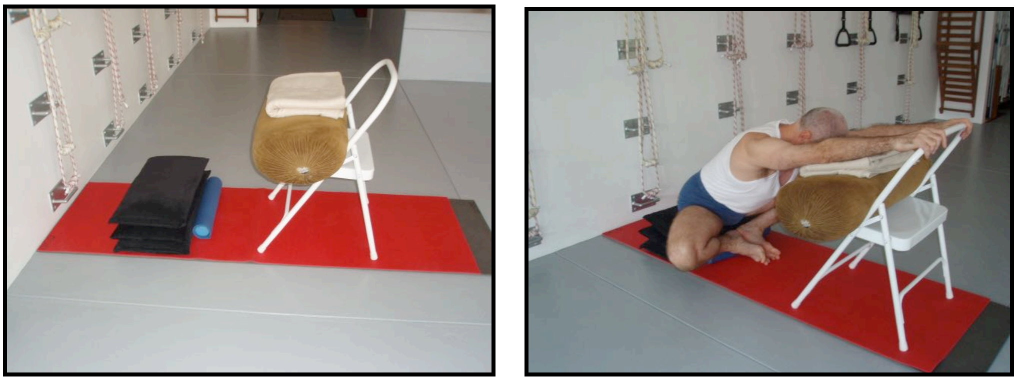
Upavistha Konasana



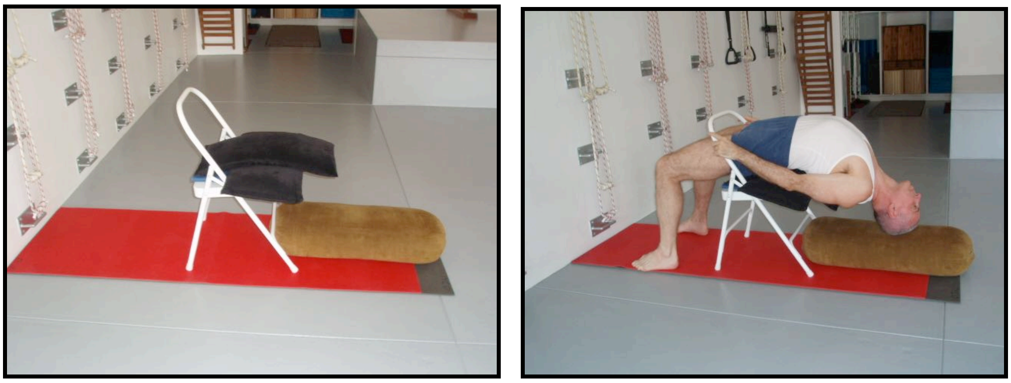
Parsva Adho Mukha Upavistha Konasana with chair



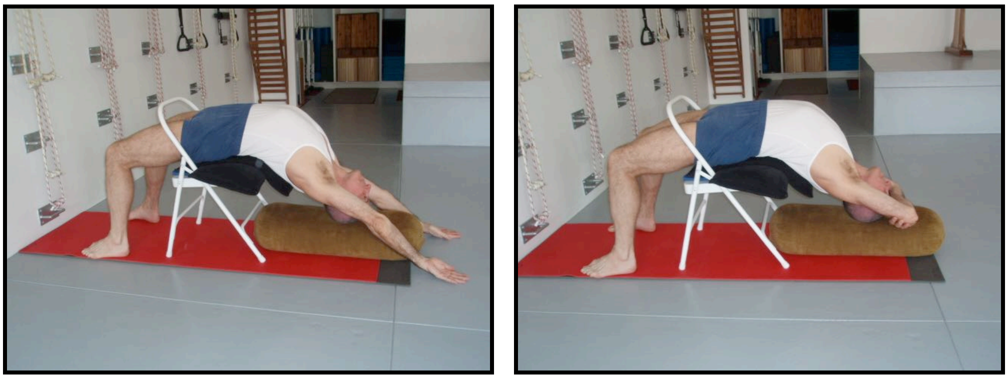
Parsva Adho Mukha Upavistha Konasana



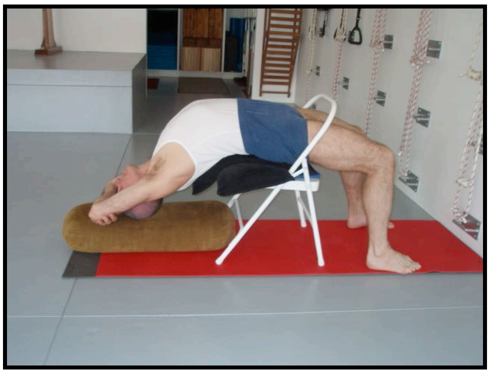
Adho Mukha Baddha Konasana with chair

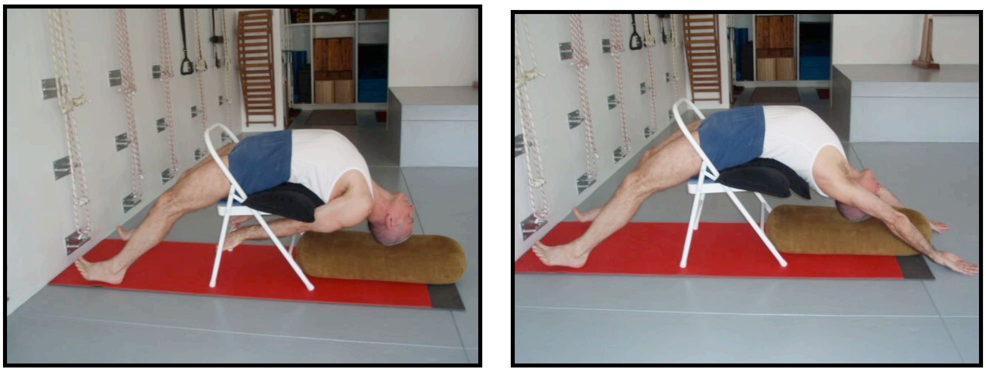


Chair Dwi Pada Viparita Dandasana

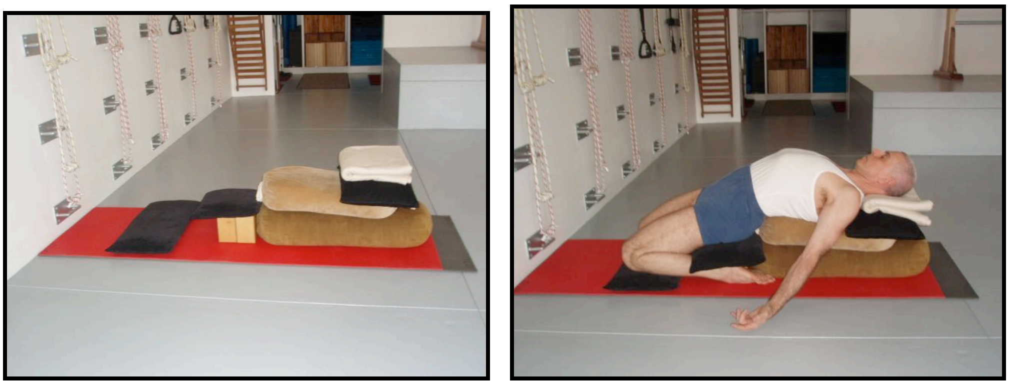


Chair Dwi Pada Viparita Dandasana

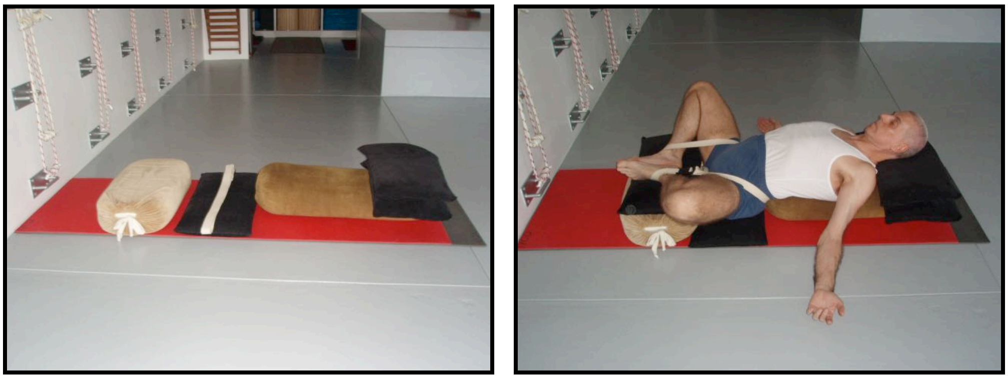




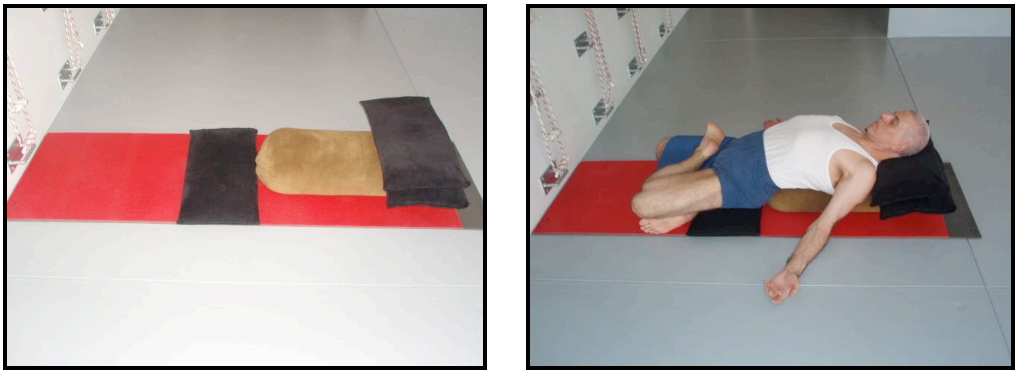
Chair Dwi Pada Viparita Dandasana



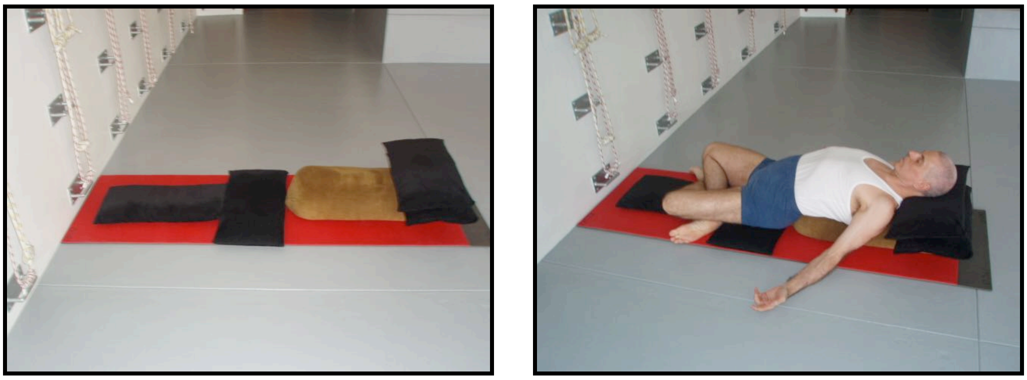
Supta Virasana



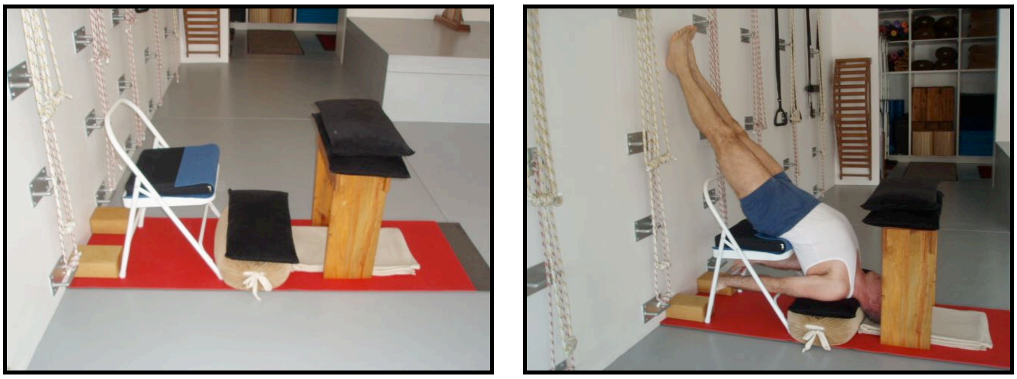
Supta Baddha Konasana



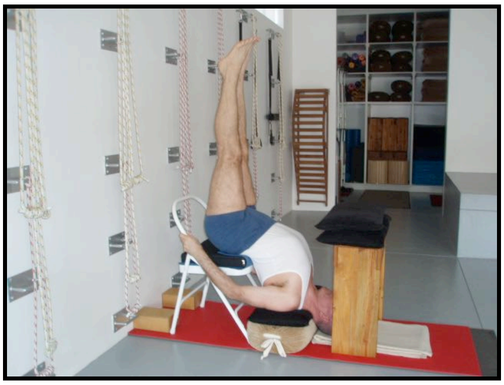
Ardha Matsyasana



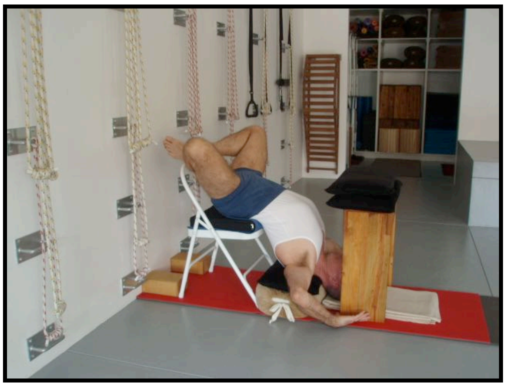
Supta Swastikasana



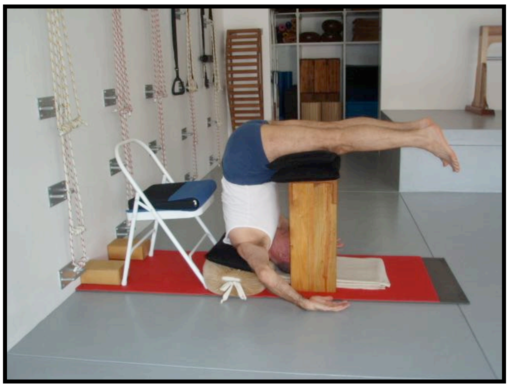
Chair Sarvangasana



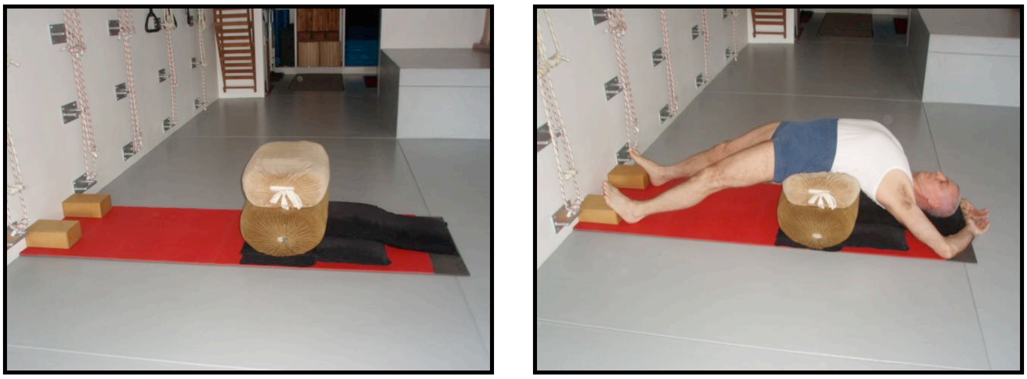
Chair Sarvangasana
Viparita Karani



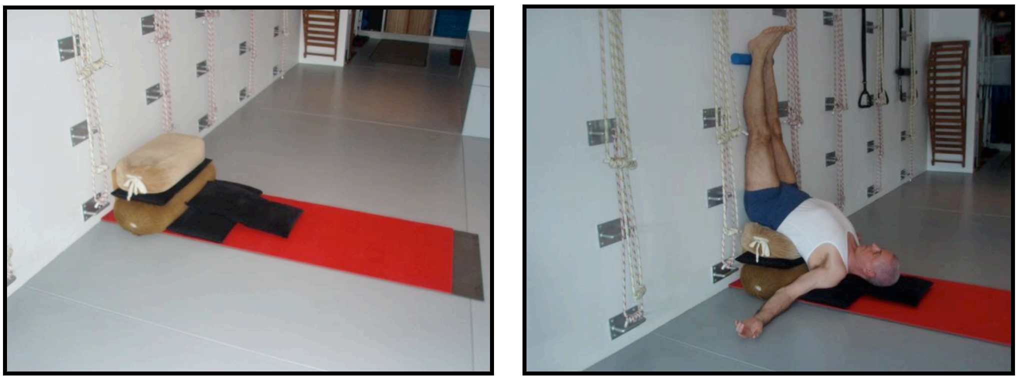
Chair Sarvangasana
Baddha Konasana



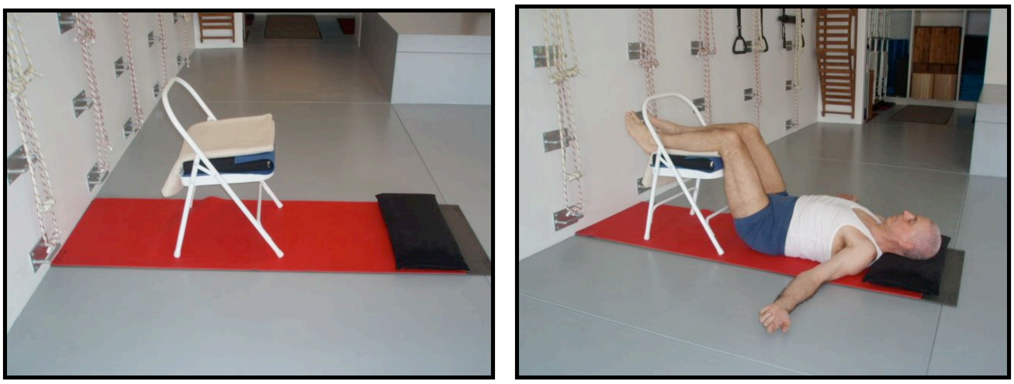
Niralamba Halasana



Setubandha Sarvangasana



Viparita Karani

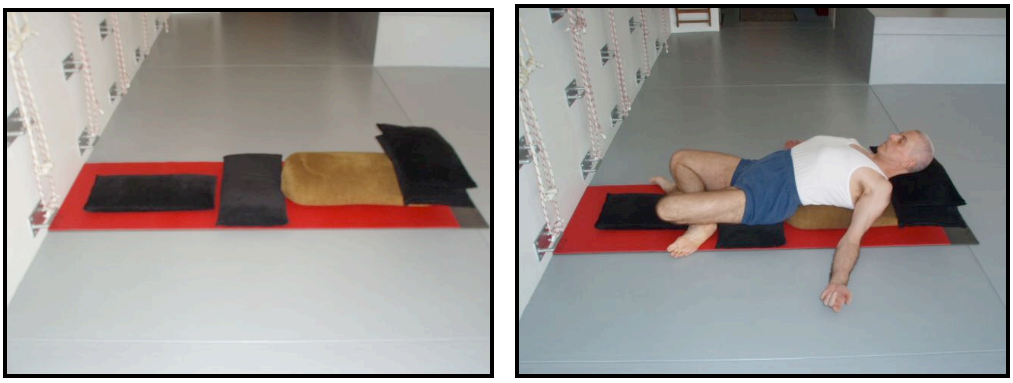


Chair Savasana

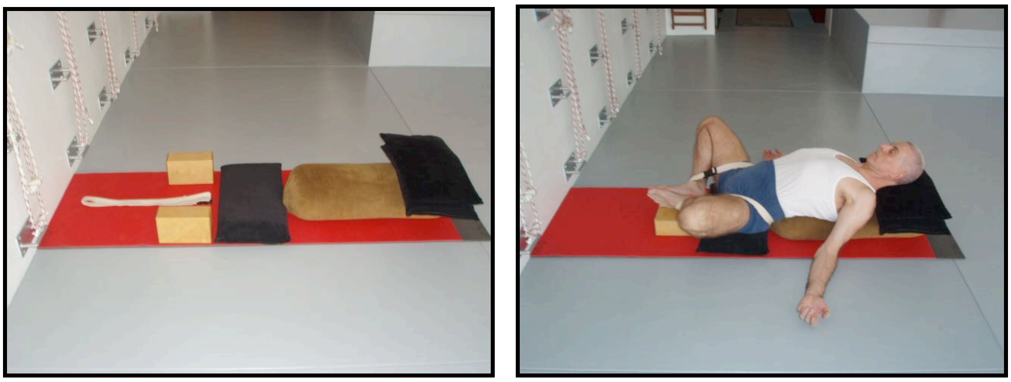
**Yoga Wisdom**

**Yoga is not an external experience –
in Yoga we try in every action to be attentive
and possible to everything we do.**

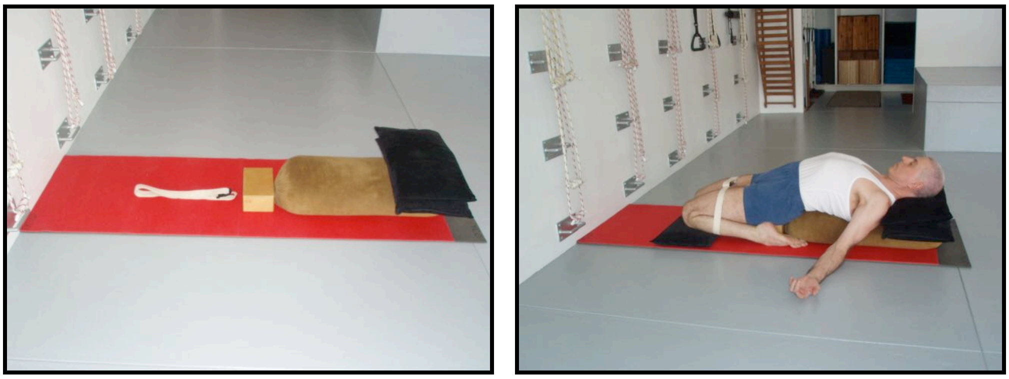
## Sequence 2



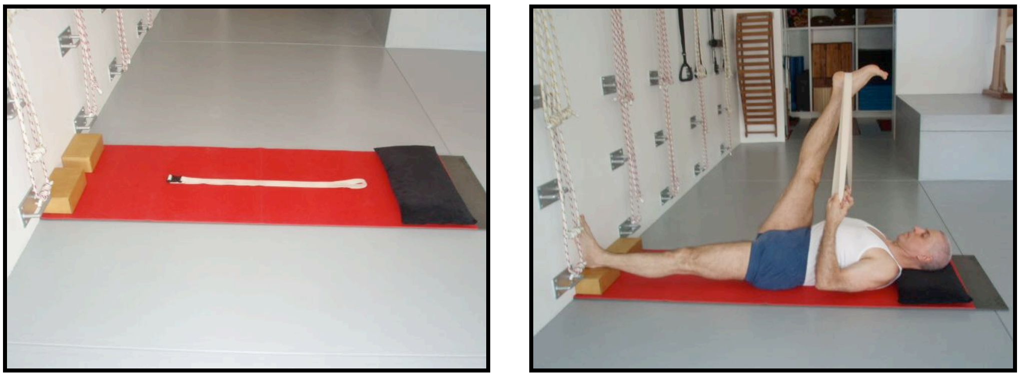
Supta Swastikasana



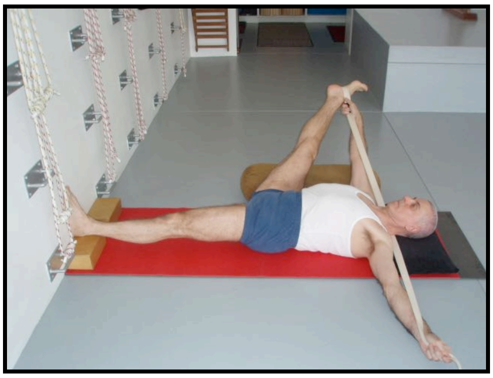
Supta Baddha Konasana



Supta Virasana



Supta Padangusthasana I



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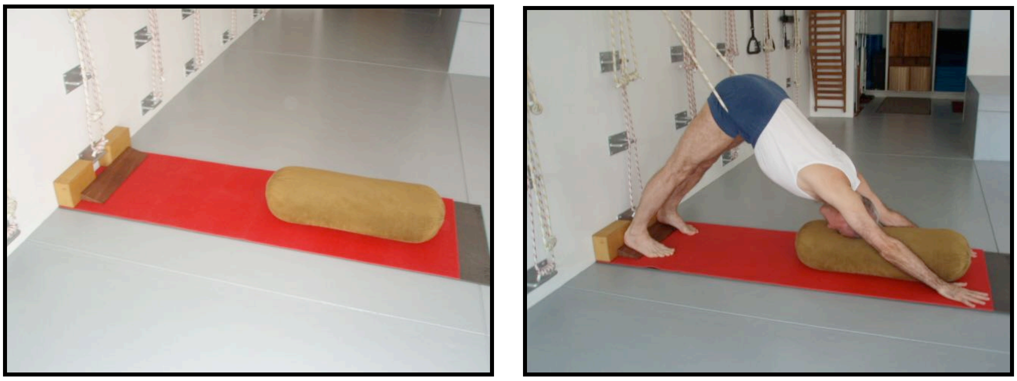

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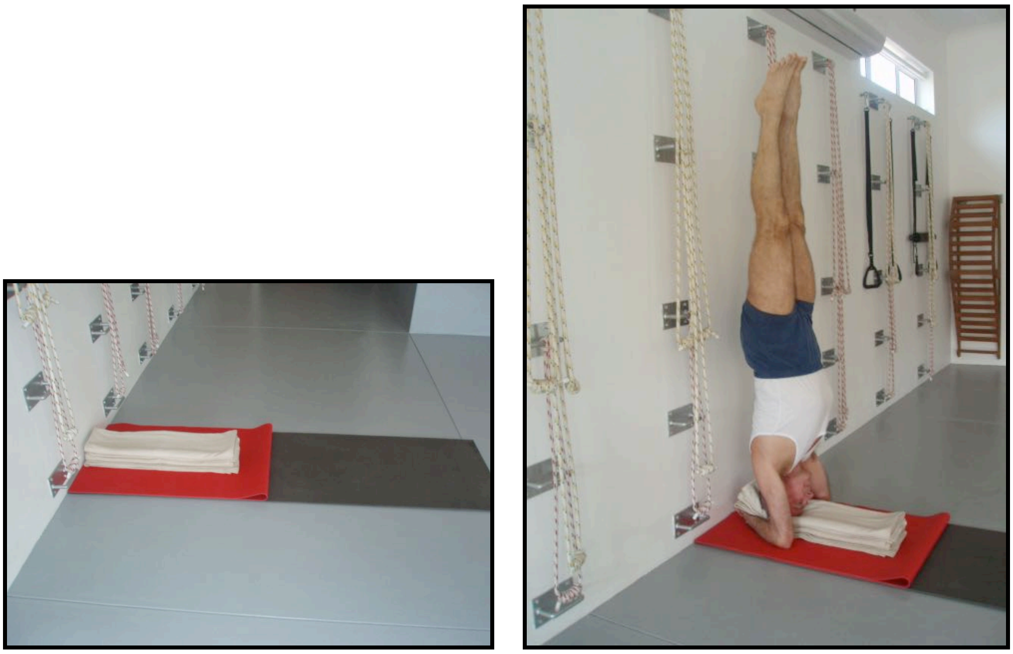
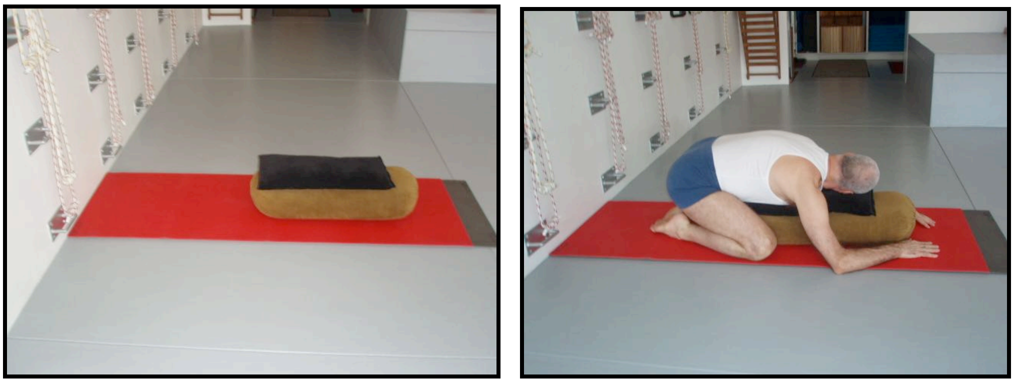
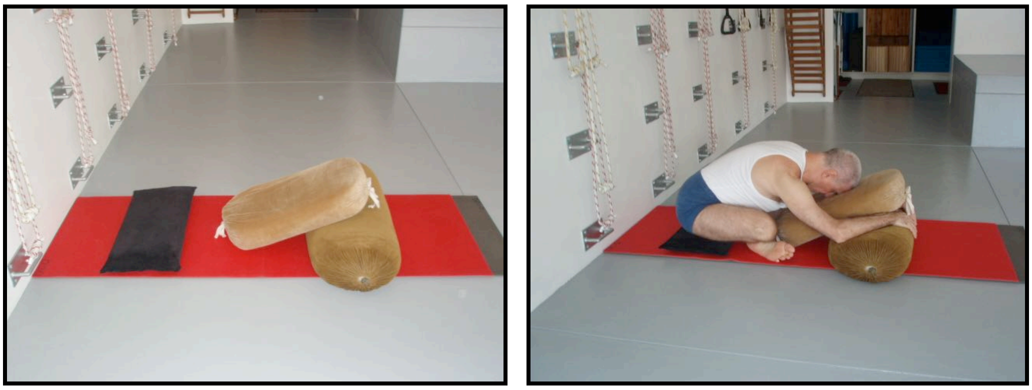


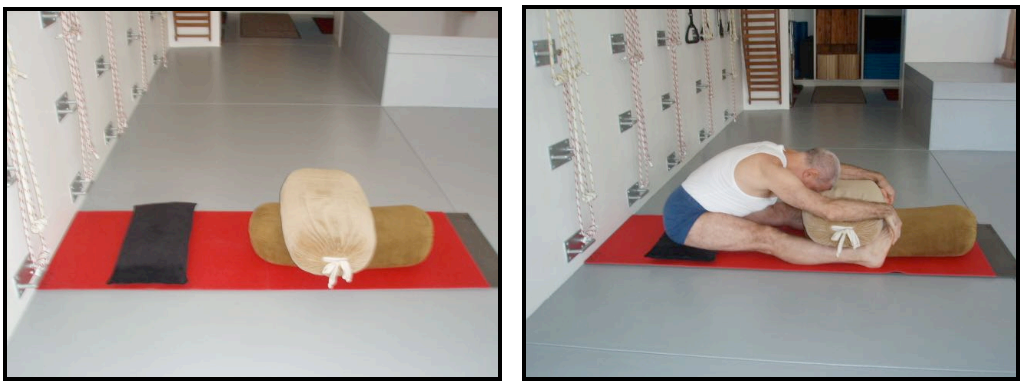
Salamba Sirsasana I



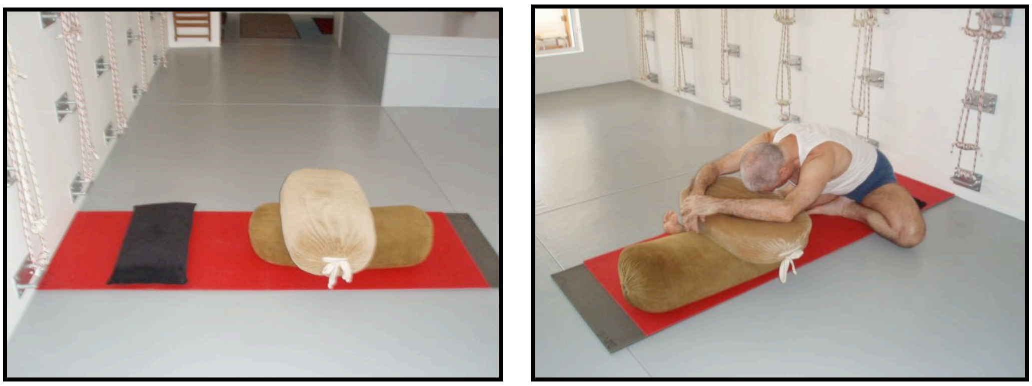
Adho Mukha Virasana



Adho Mukha Swastikasana



Paschimottanasana



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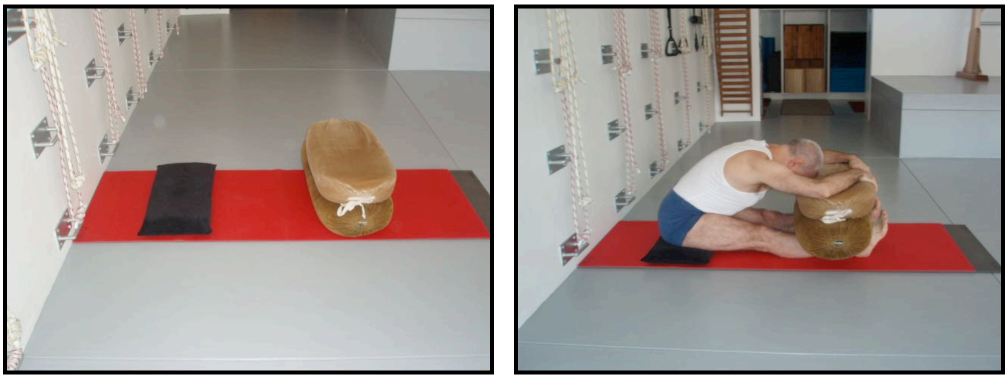
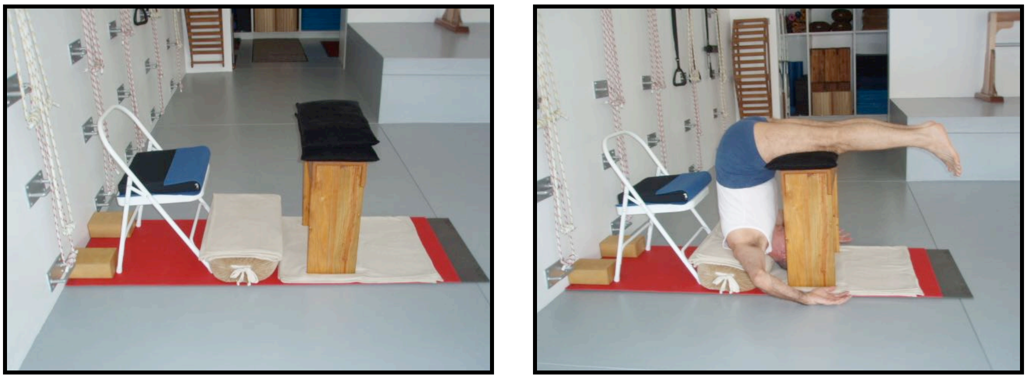
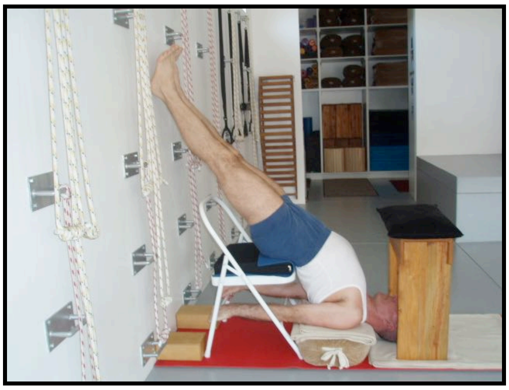


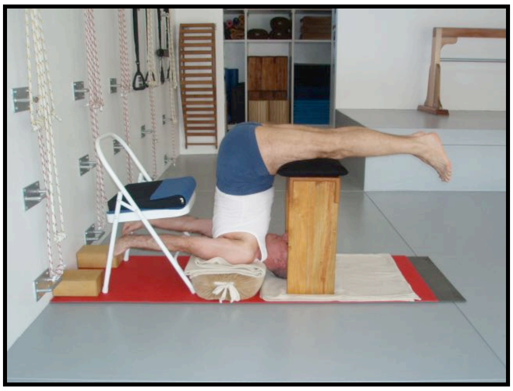
Paschimottanasana



Niralamba Halasana



Chair Sarvangasana



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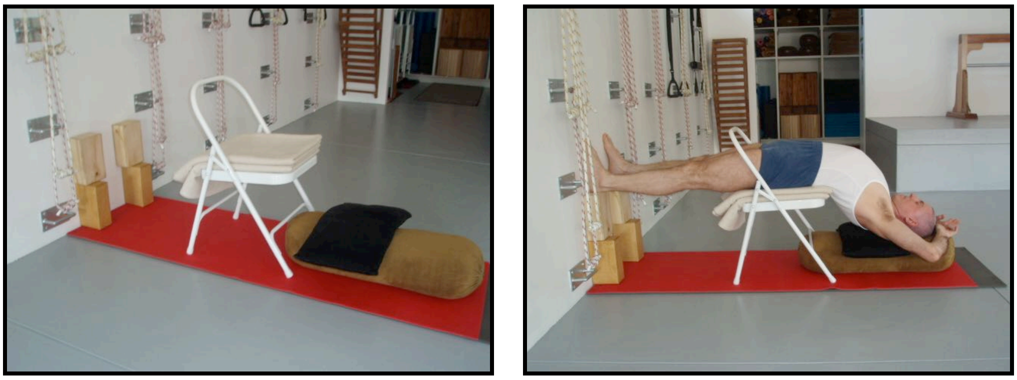
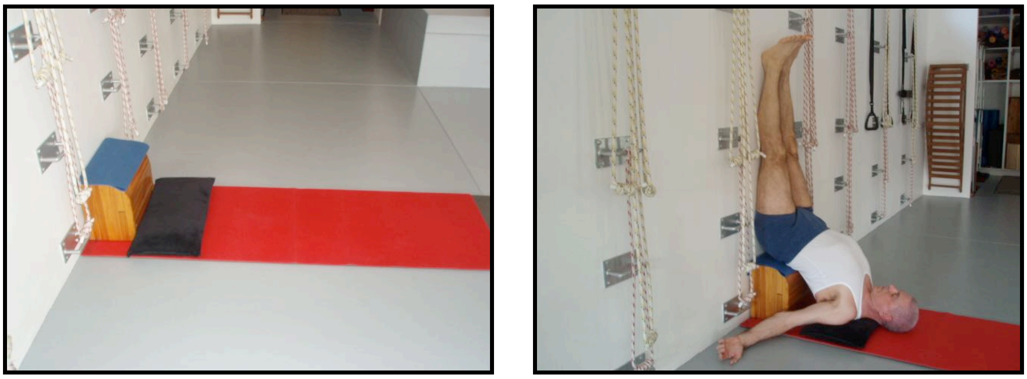
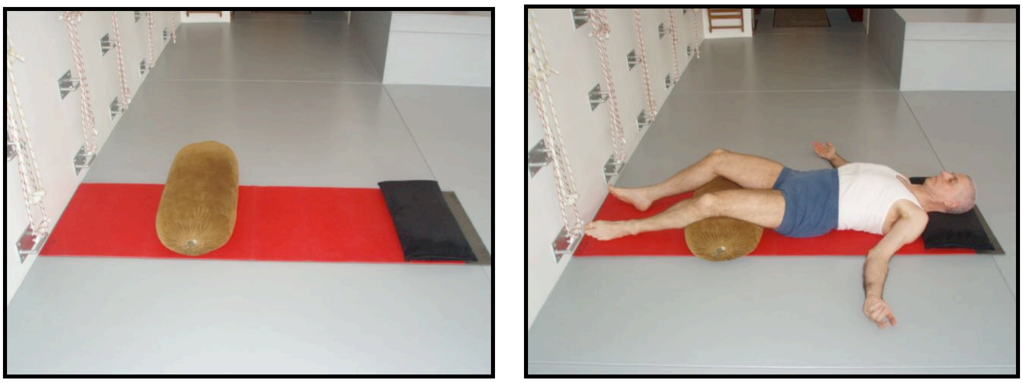


Chair Setubandha Sarvangasana



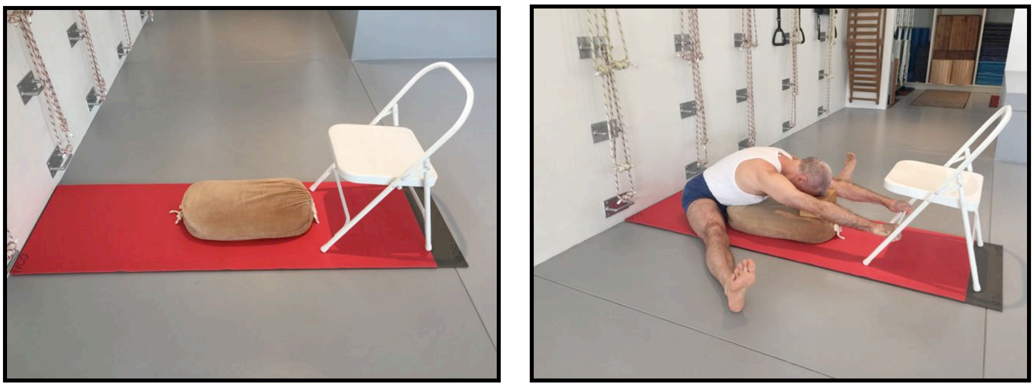
Viparita Karani



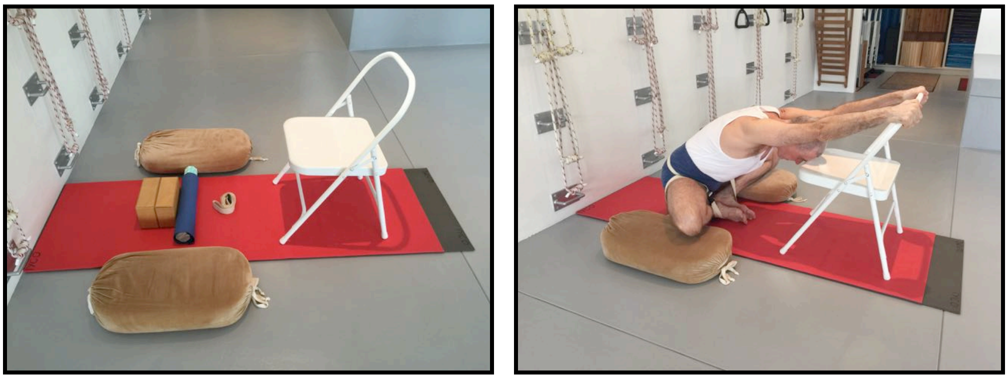
Bolster Savasana

**Yoga Wisdom**
**Do not look at your body like a stranger,**
**but adopt a friendly approach to it.**

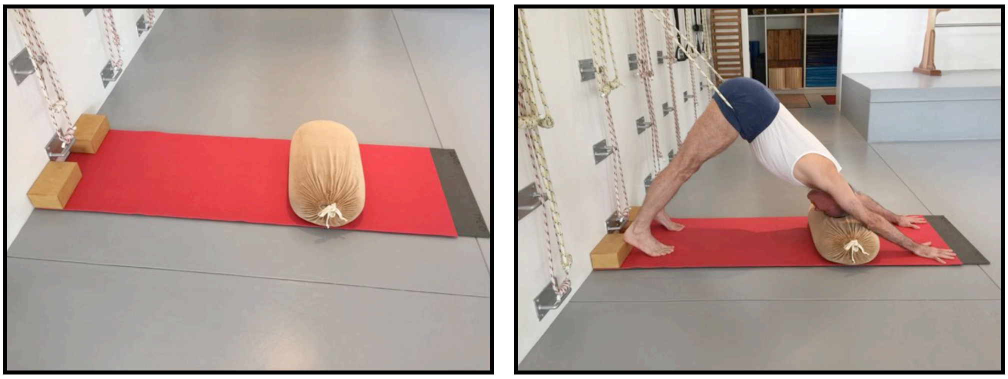
## Sequence 3



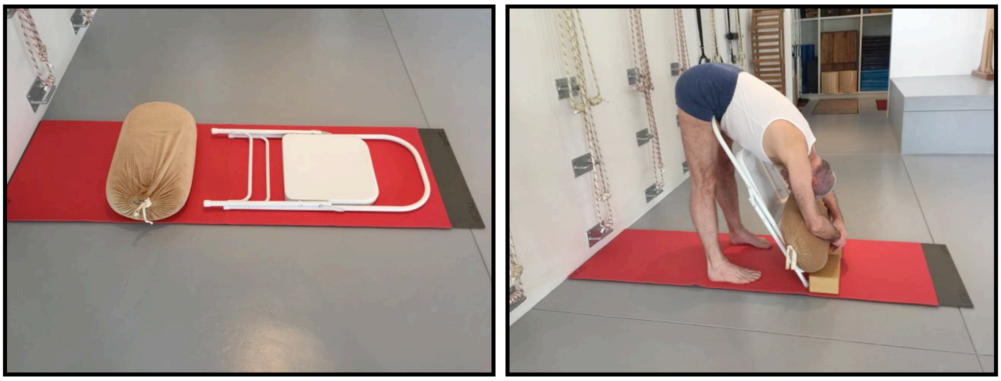
Adho Mukha Upavistha Konasana with chair



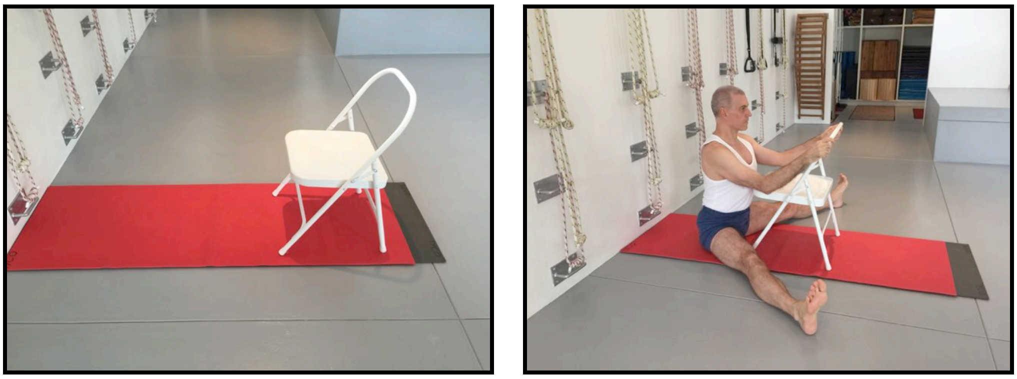
Adho Mukha Baddha Konasana with chair



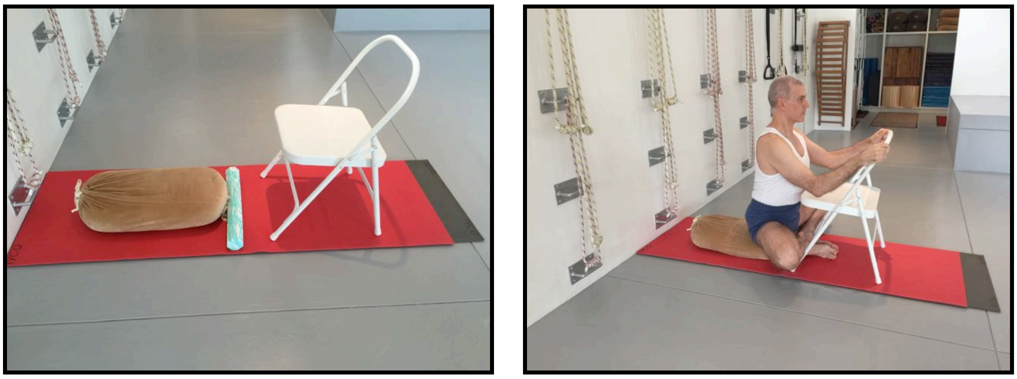
Rope Adho Mukha Svanasana



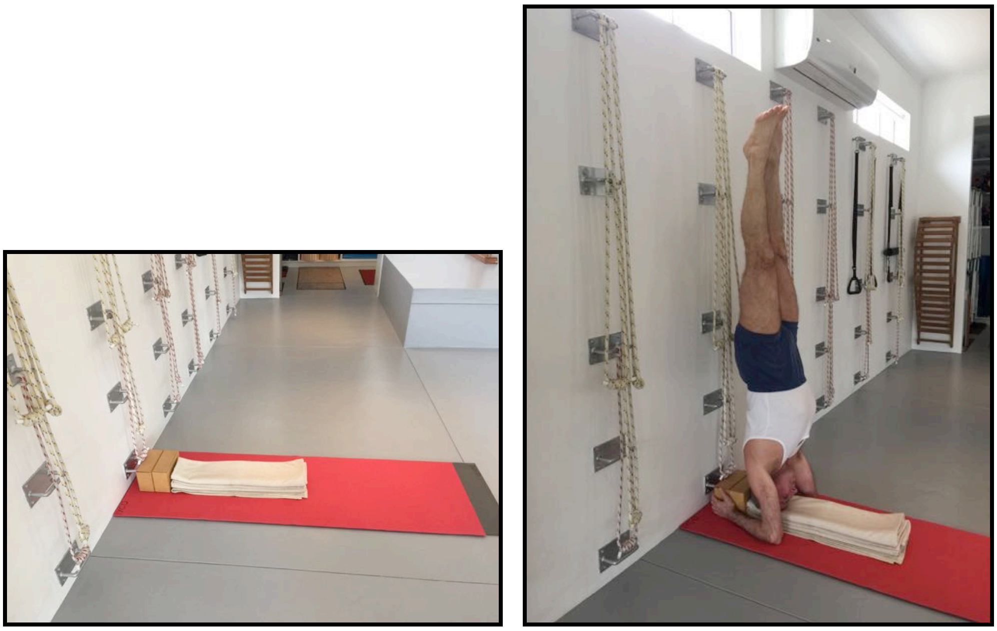
Uttanasana with chair



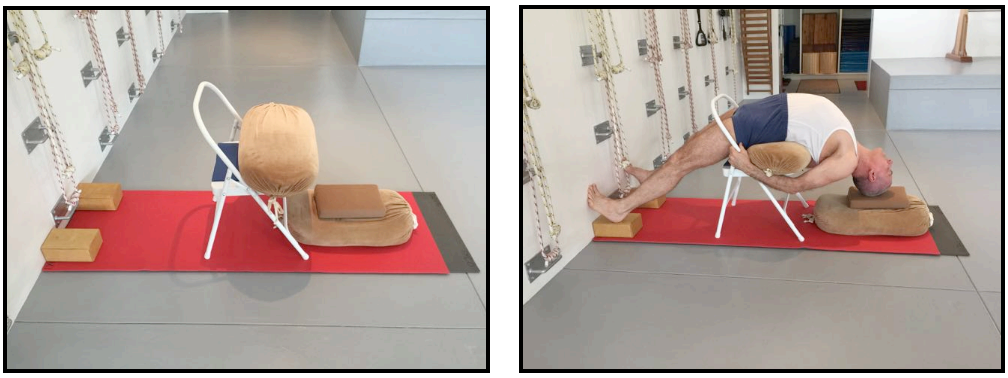
Utthita Upavistha Konasana with chair



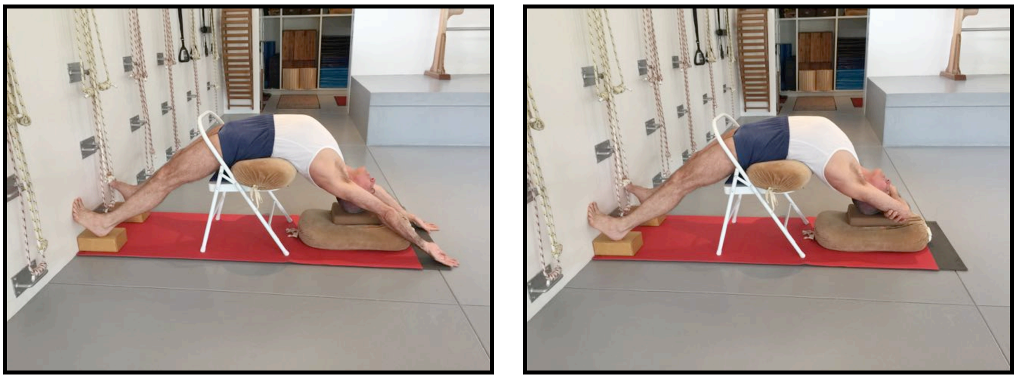
Utthita Baddha Konasana with chair



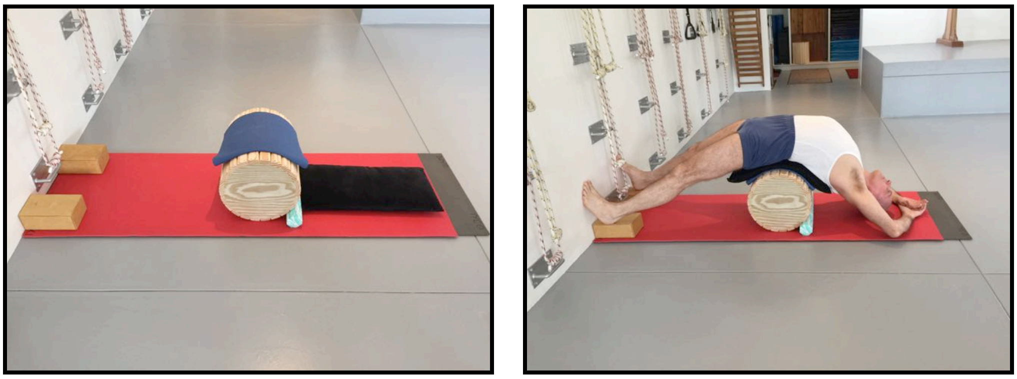
Salamba Sirsasana I



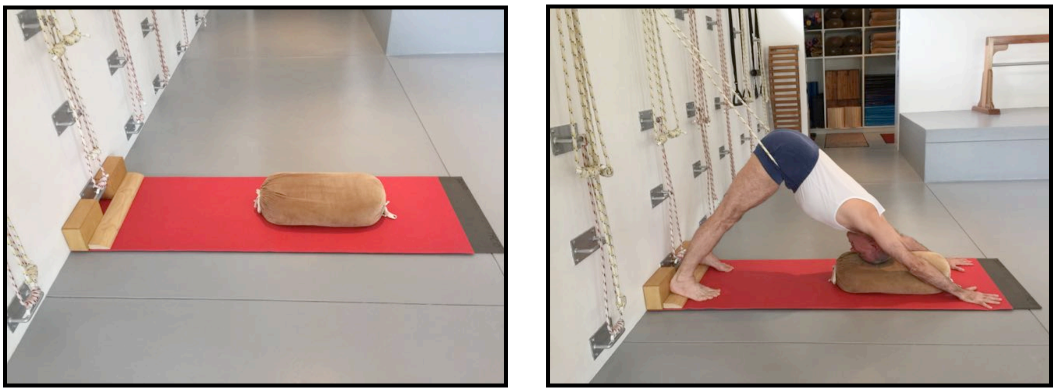
Chair Dwi Pada Viparita Dandasana



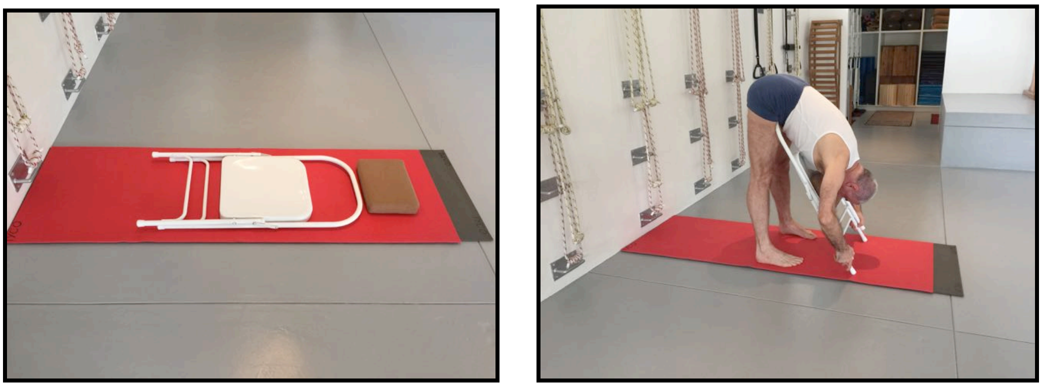
Chair Dwi Pada Viparita Dandasana



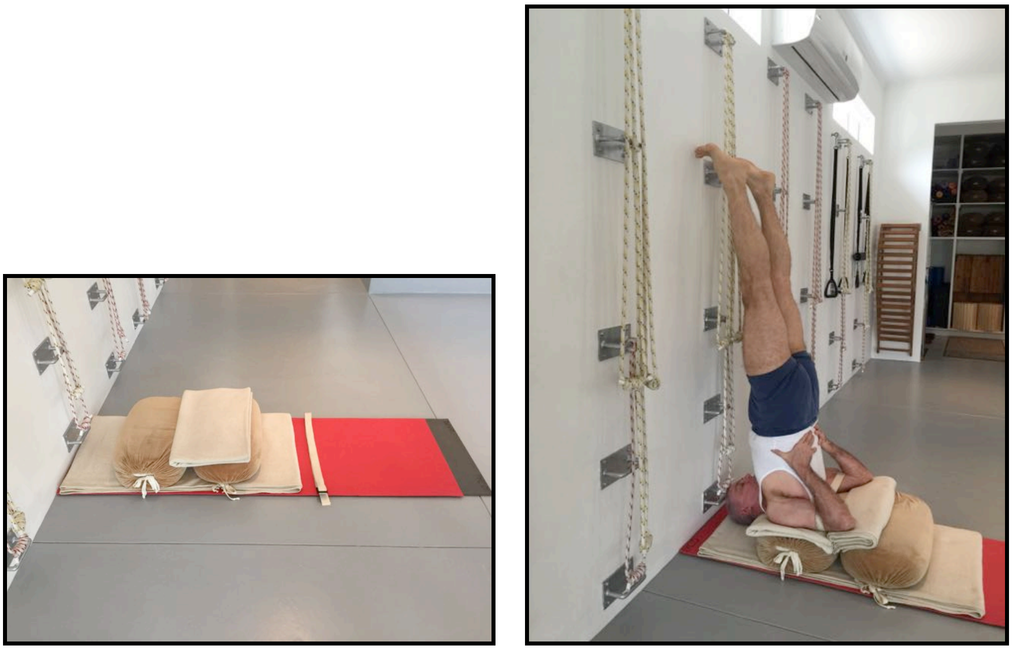
Dwi Pada Viparita Dandasana with barrel



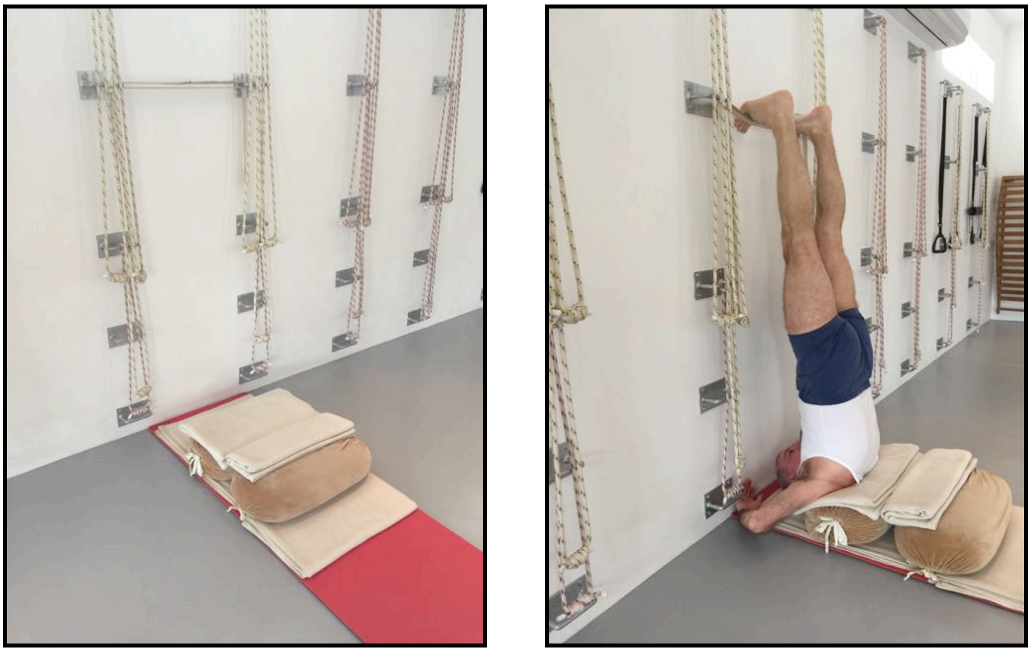
Rope Adho Mukha Svanasana



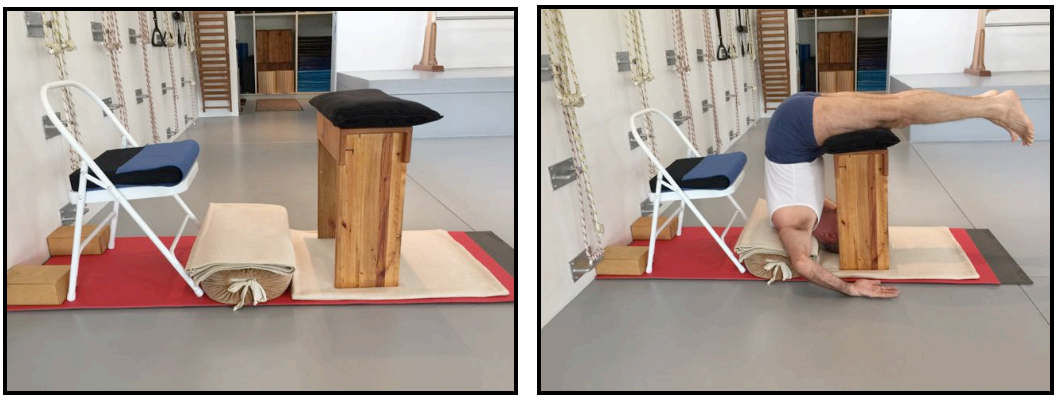
Uttanasana with chair



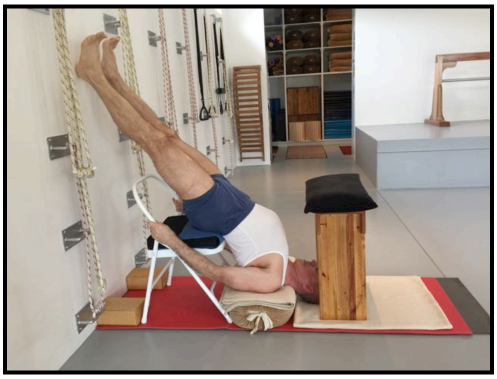
Salamba Sarvangasana I



Niralamba Sarvangasana I



Niralamba Halasana



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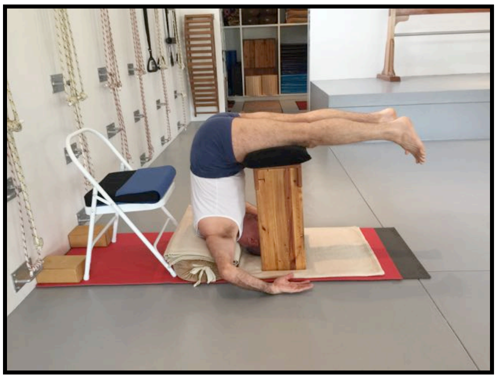
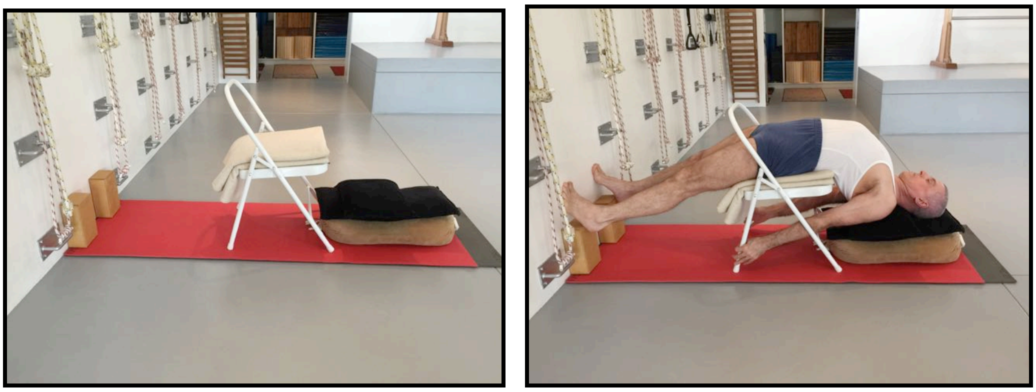
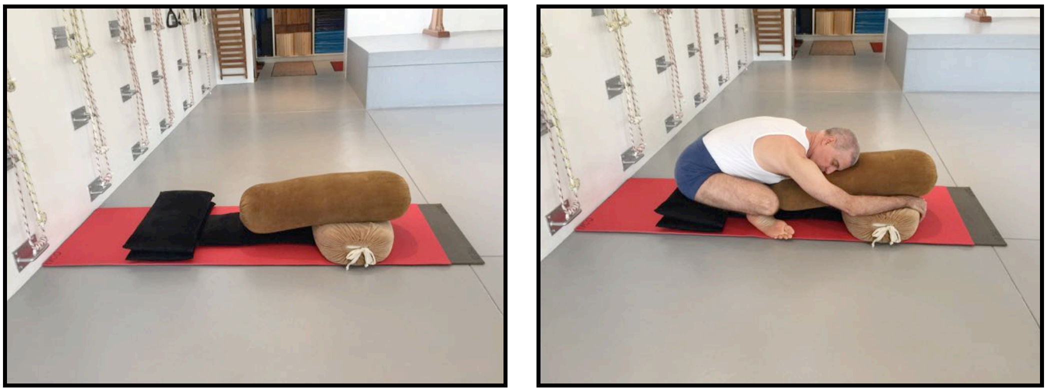


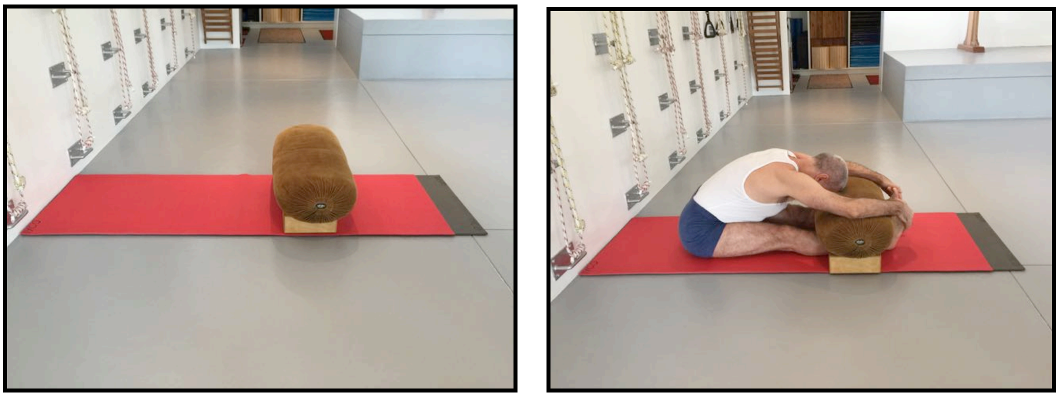
Niralamba Halasana



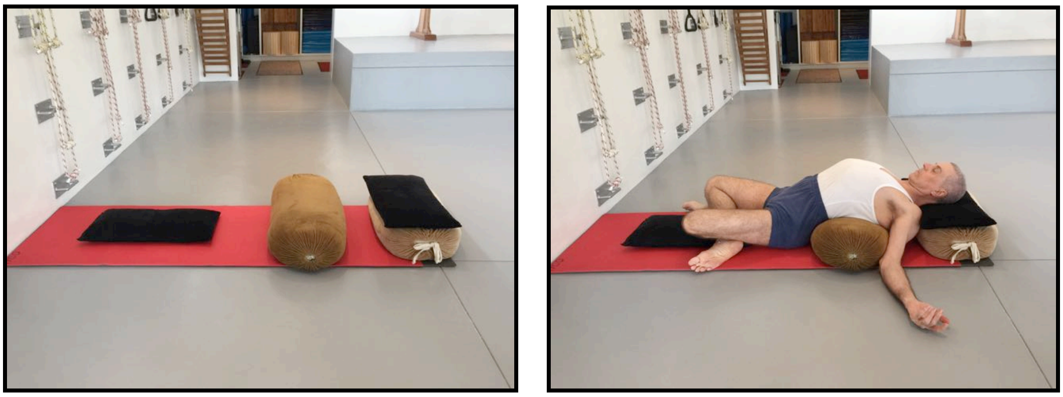
Chair Dwi Pada Viparita Dandasana



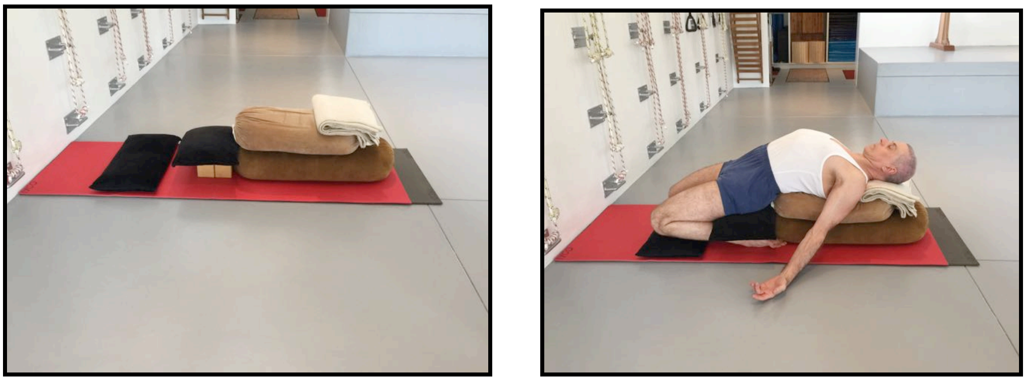
Adho Mukha Swastikasana



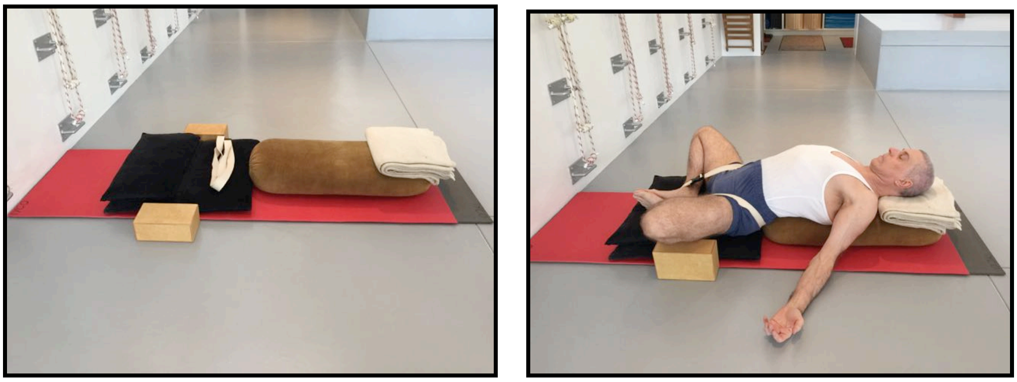
Paschimottanasana



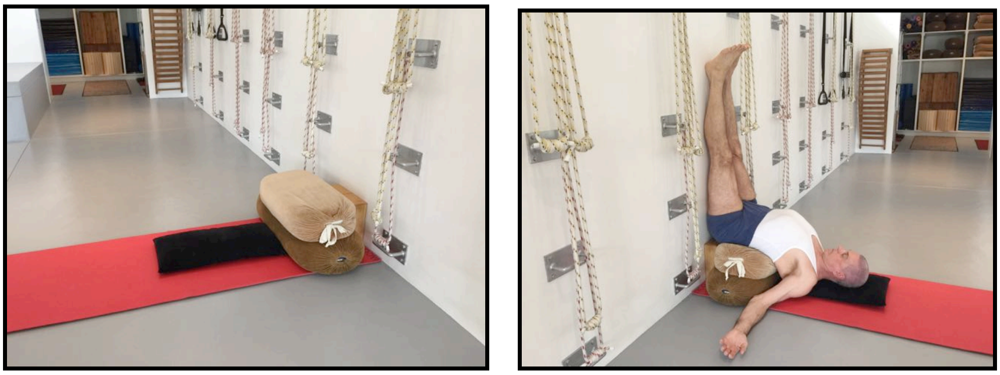
Supta Swastikasana



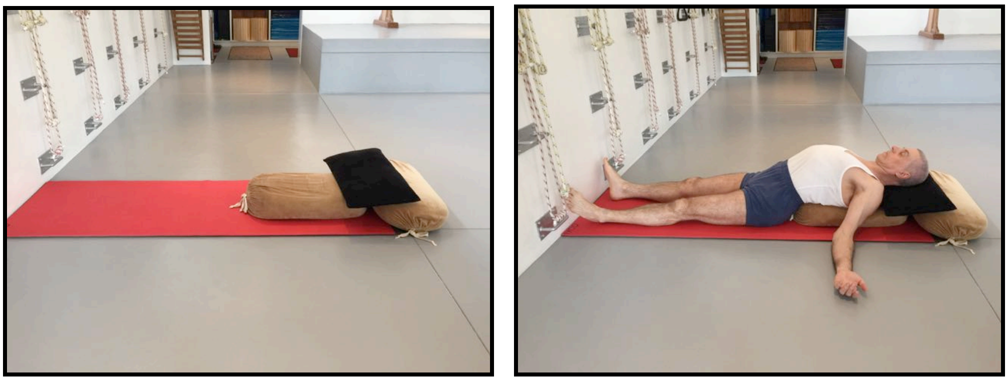
Supta Virasana



Supta Baddha Konasana



Viparita Karani

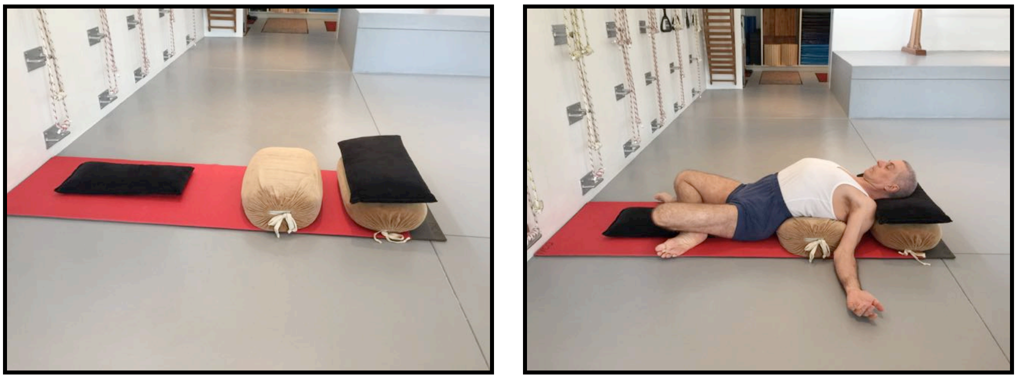


Bolster Savasana

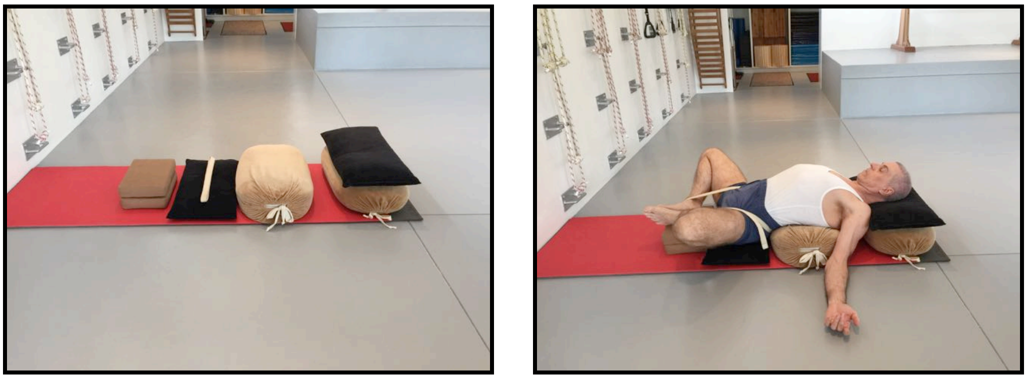
**Yoga Wisdom**

**The body that we have, this very body that is reading this quote, right now. This very body that aches and this mind we have at this very moment, are exactly what we need to be fully human, fully awake and fully alive.**

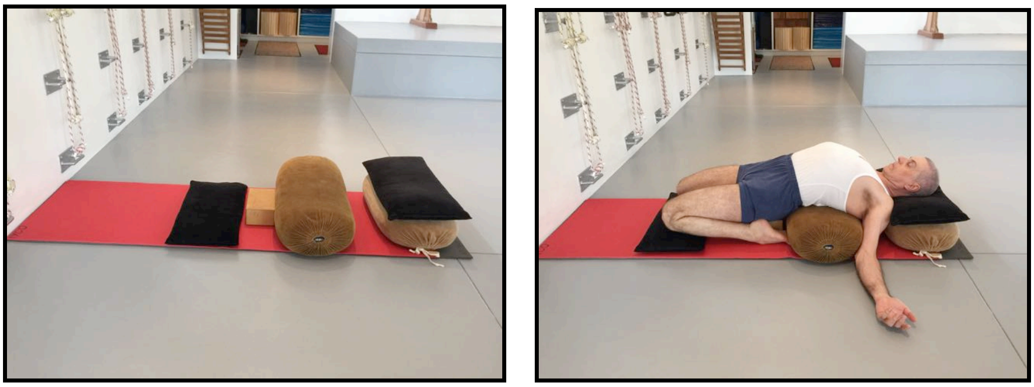
# Sequence 4



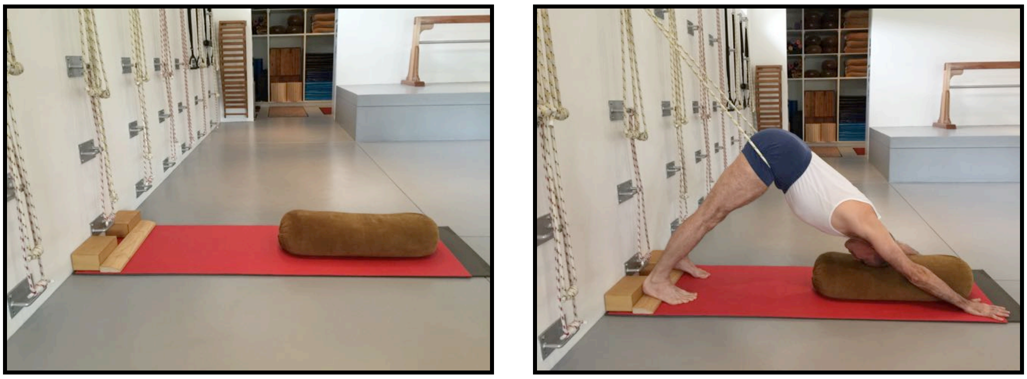
Supta Swastikasana



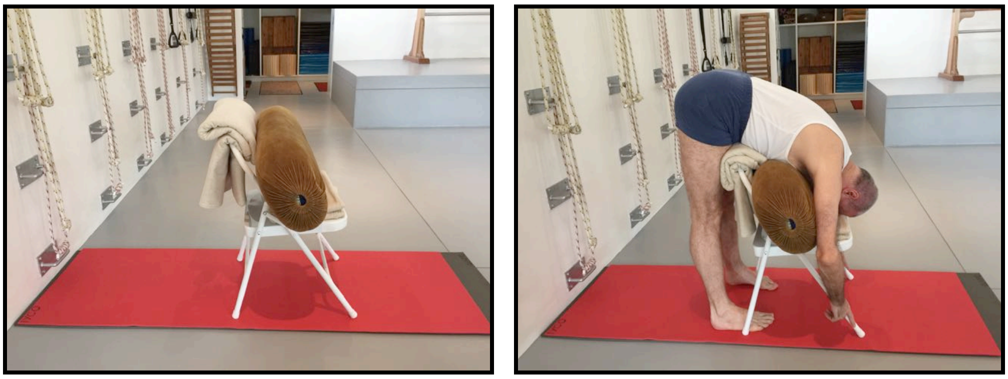
Supta Baddha Konasana



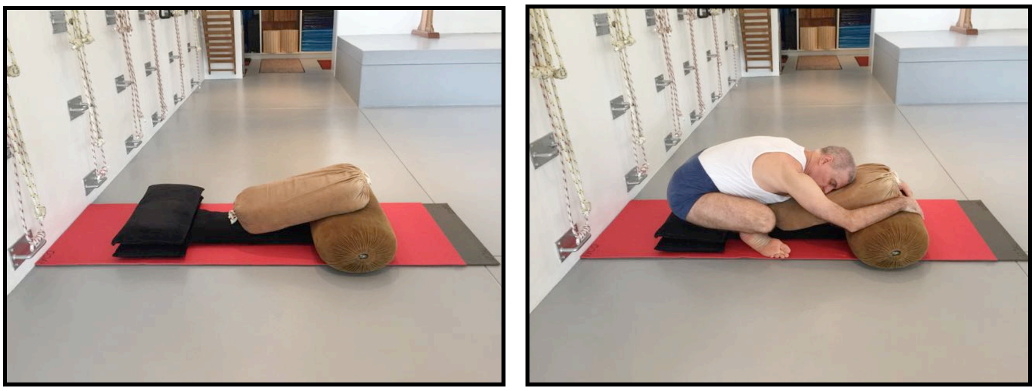
Supta Virasana



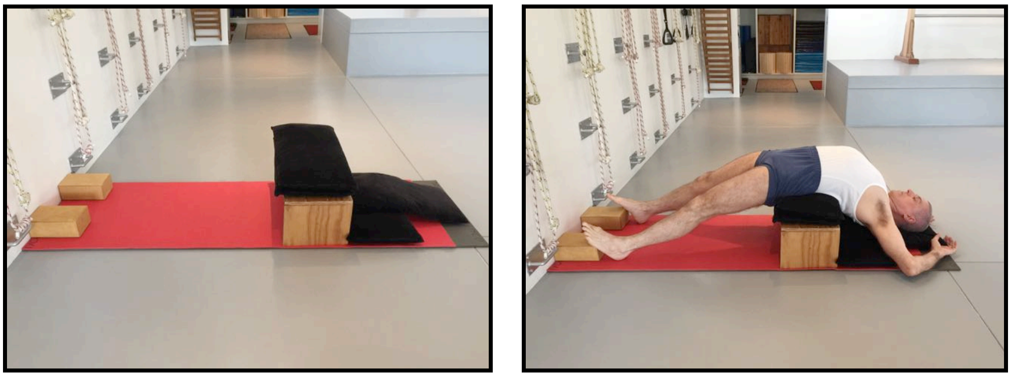
Rope Adho Mukha Svanasana



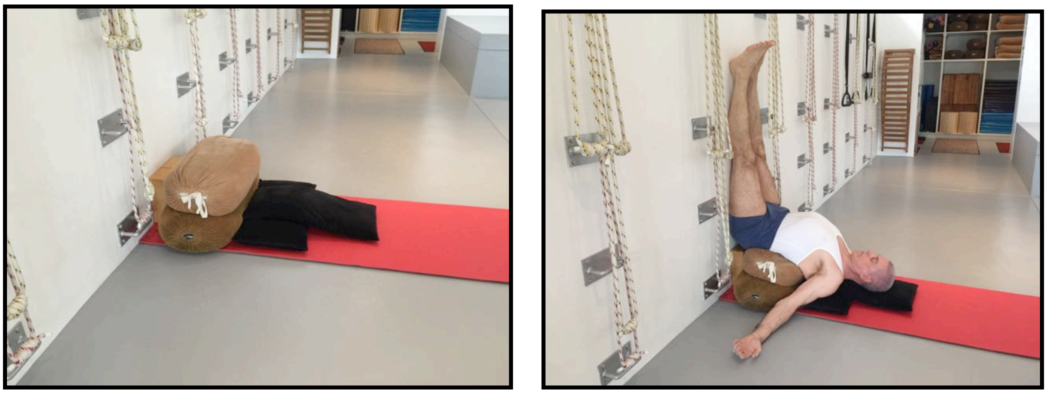
Uttanasana with chair



Adho Mukha Swastikasana



Setubandha Sarvangasana

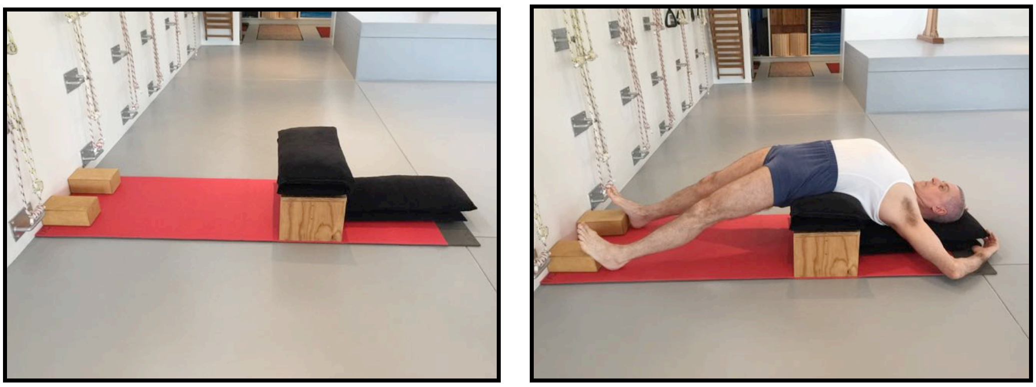


Viparita Karani

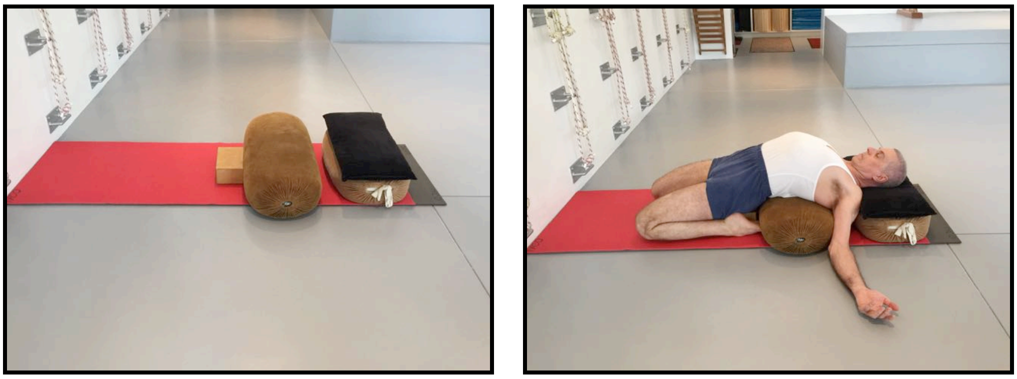
**Yoga Wisdom**

**The Self is not to be found in the outside world, rather it is the nucleolus of our inner most being.**

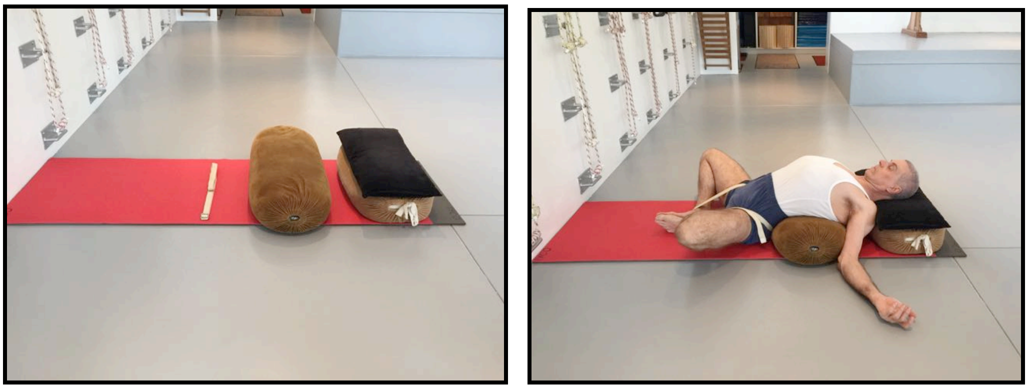
## Sequence 5



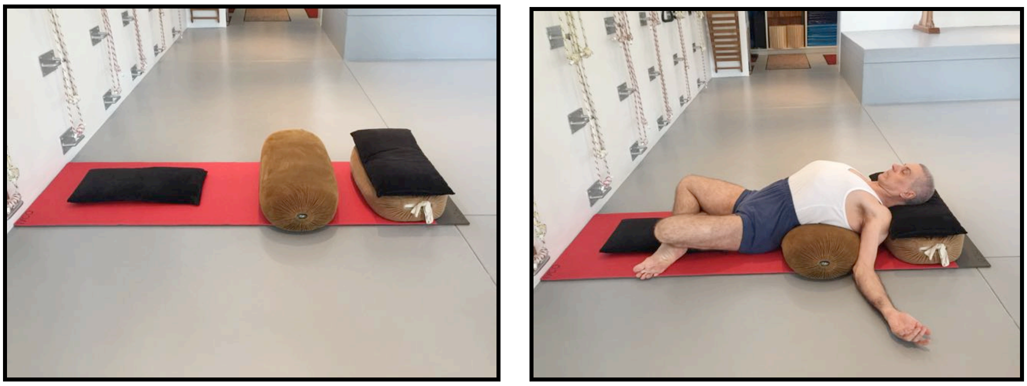
Setubandha Sarvangasana



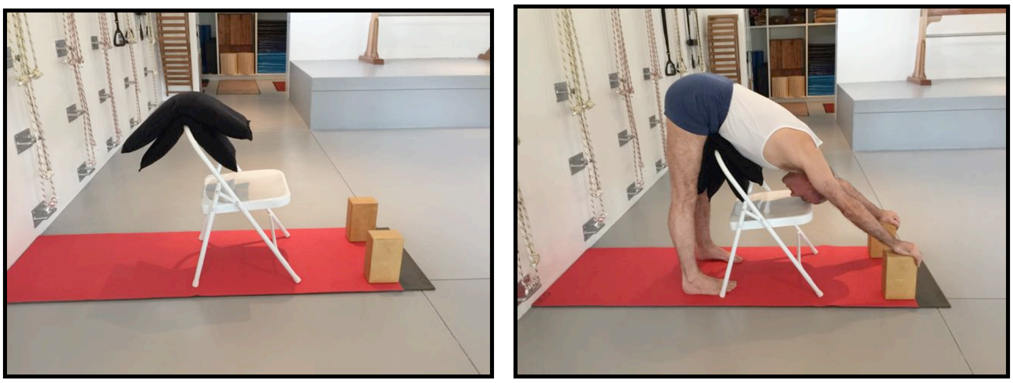
Supta Virasana



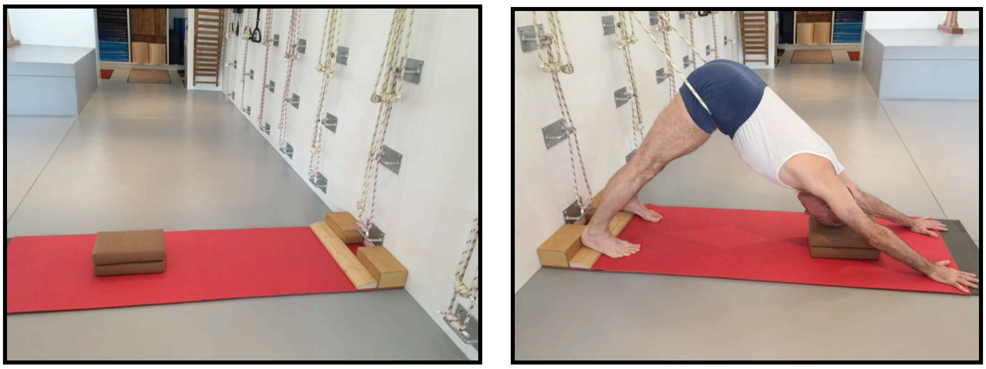
Supta Baddha Konasana



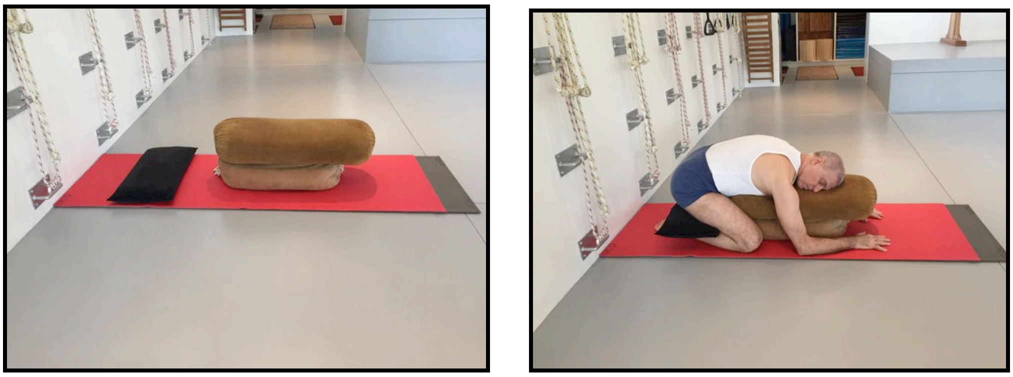
Supta Swastikasana



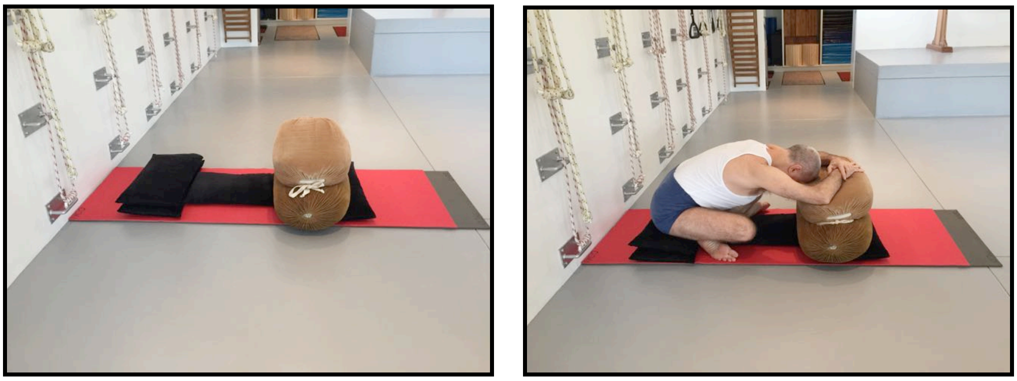
Uttanasana with chair



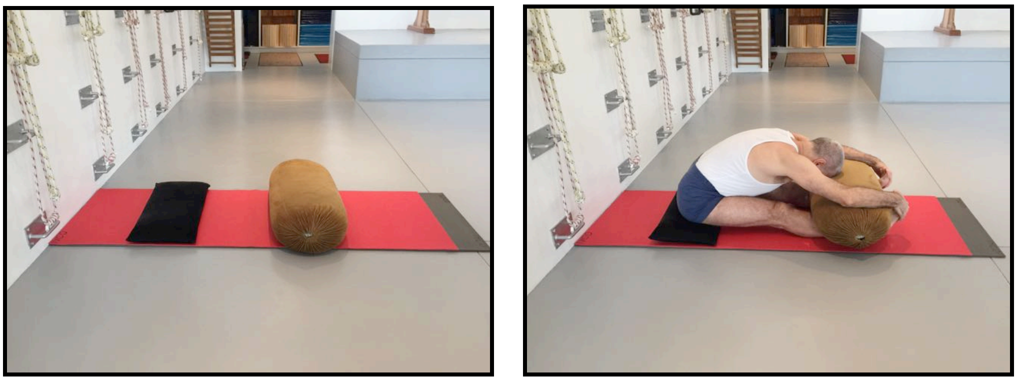
Rope Adho Mukha Svanasana



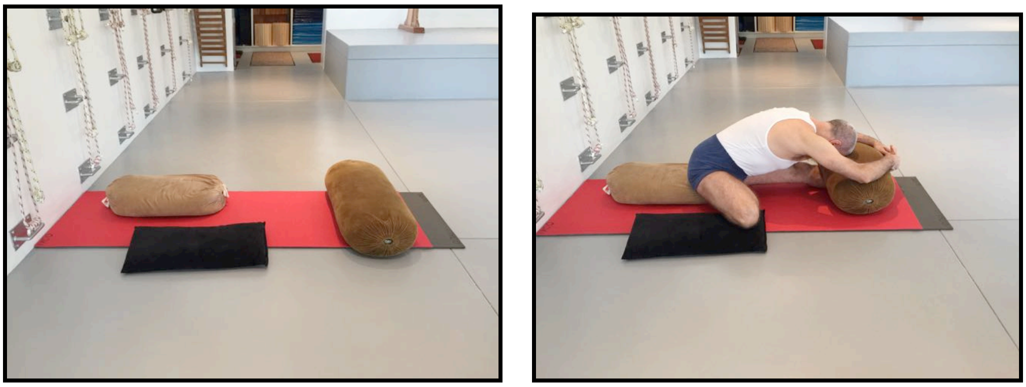
Adho Mukha Virasana



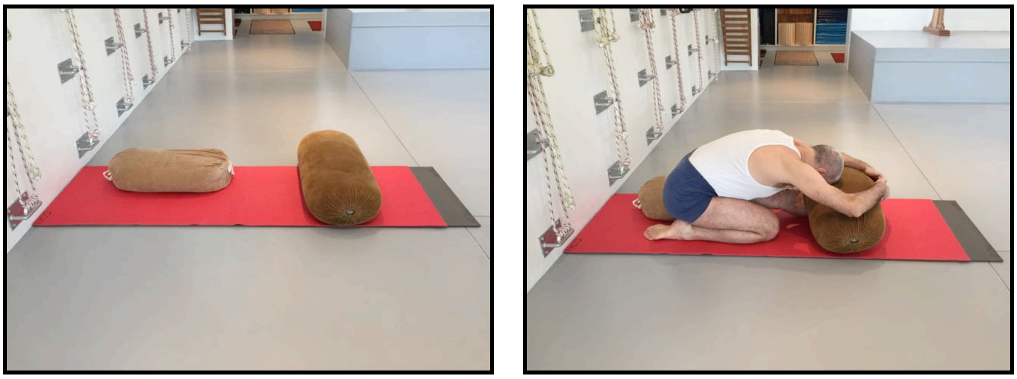
Adho Mukha Swastikasana



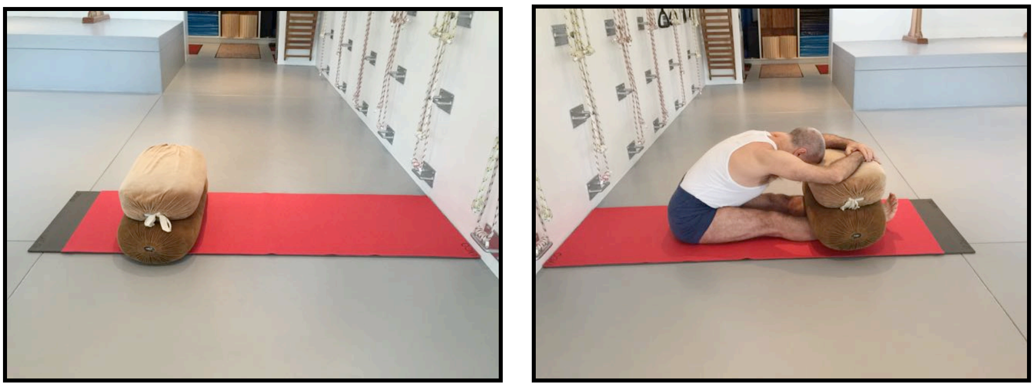
Paschimottanasana



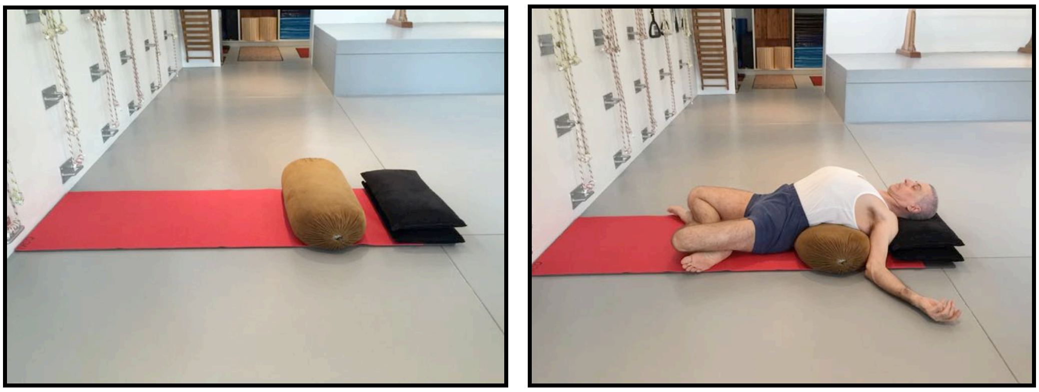
Janu Sirsasana



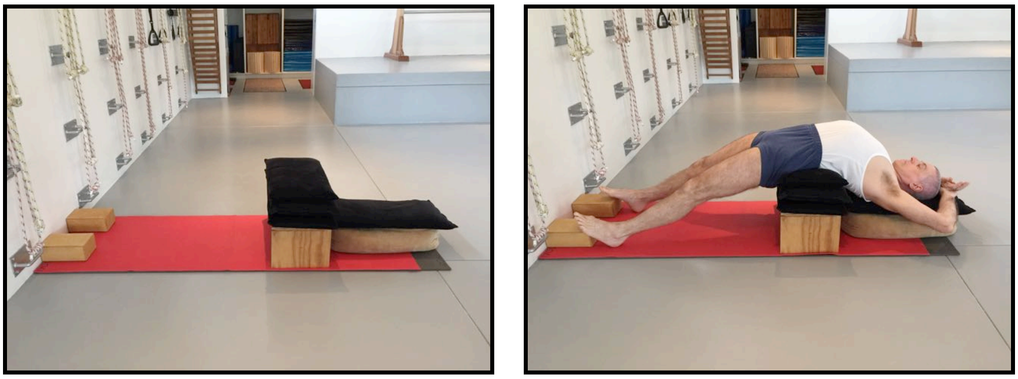
Triang Mukhaikapada Paschimottanasana



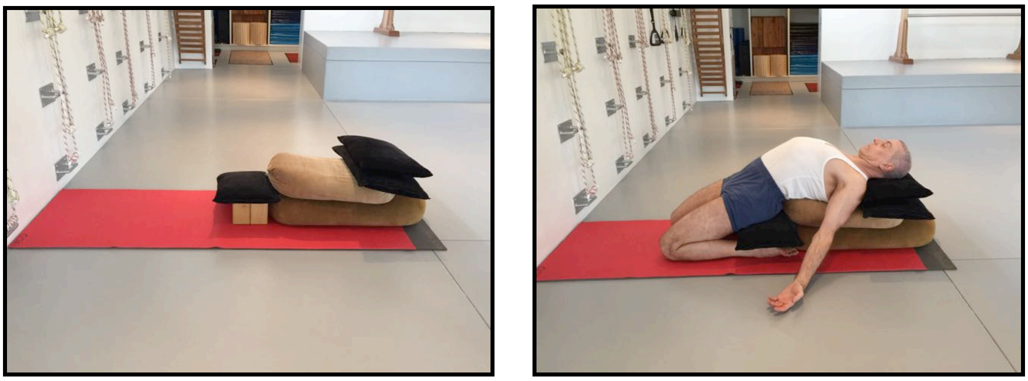
Paschimottanasana



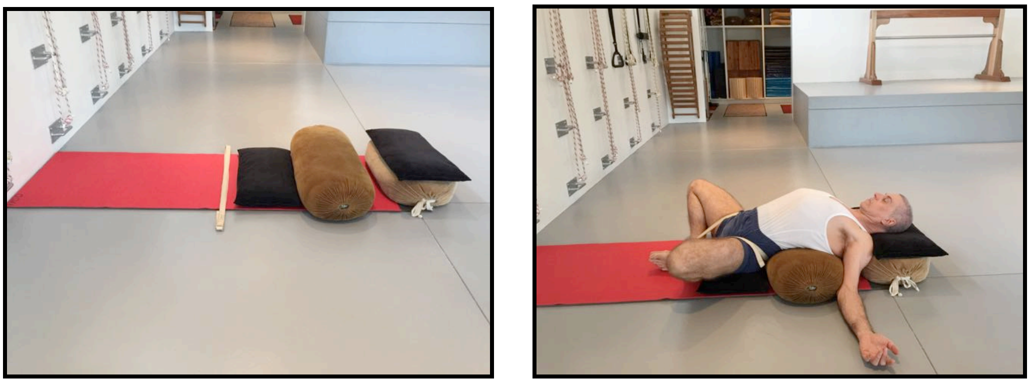
Supta Swastikasana



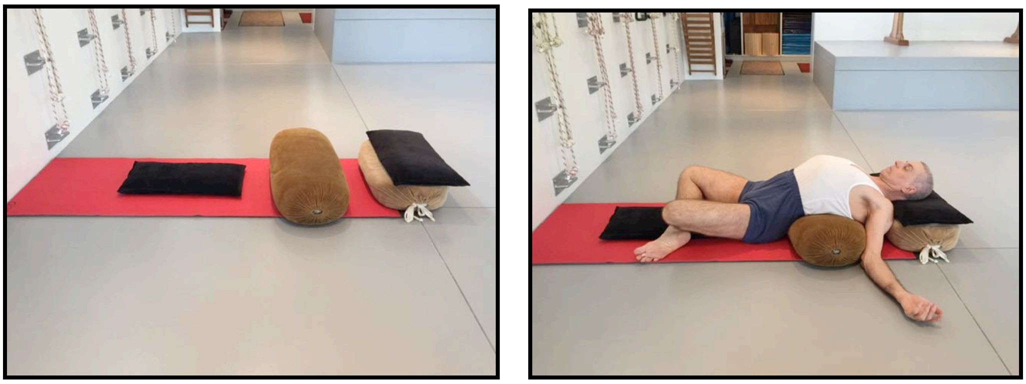
Setubandha Sarvangasana



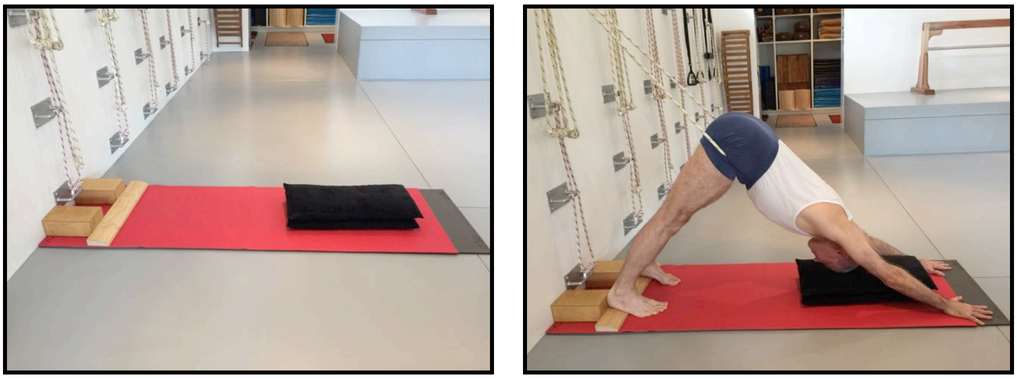
Supta Virasana



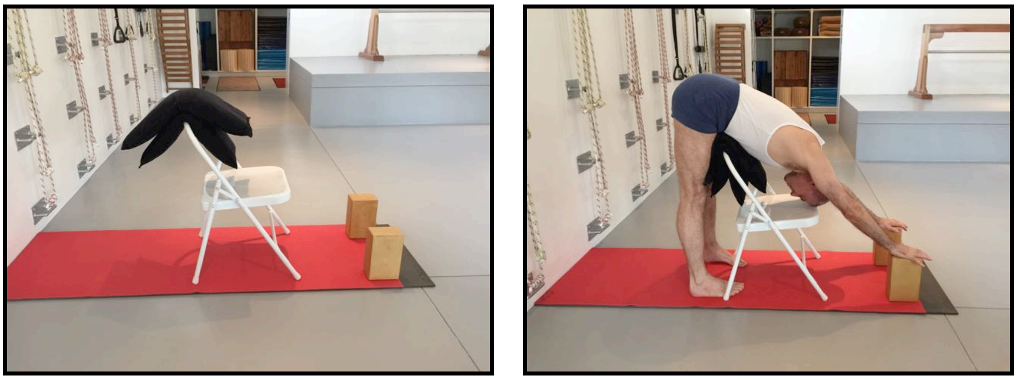
Supta Baddha Konasana



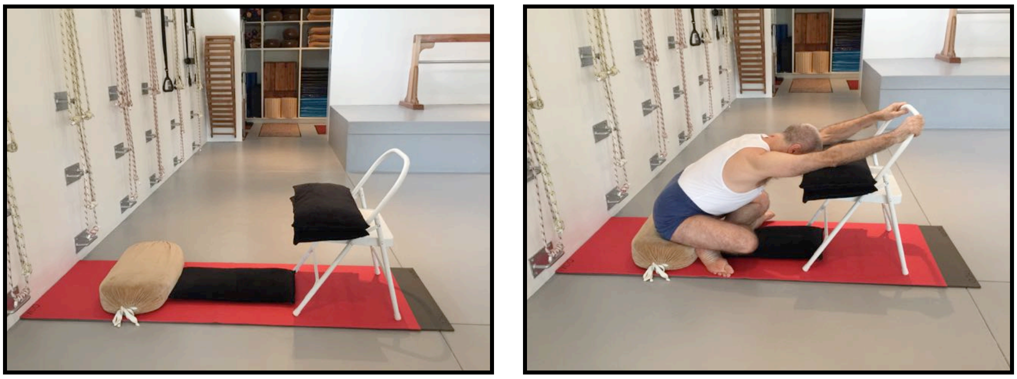
Supta Swastikasana



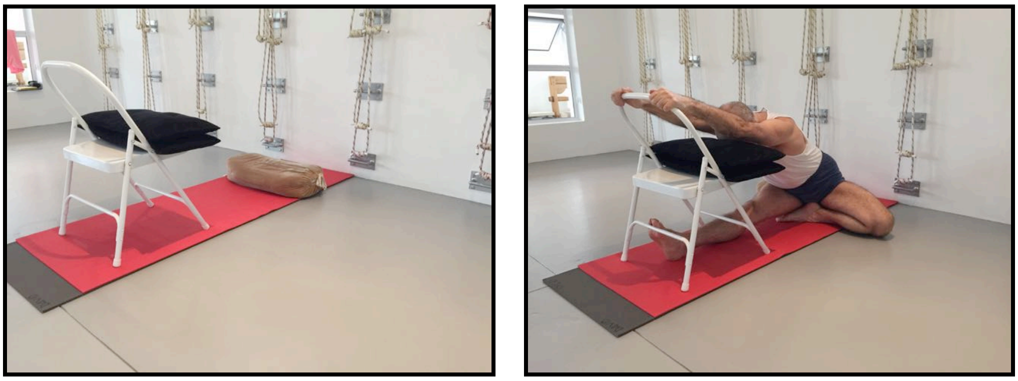
Rope Adho Mukha Svanasana



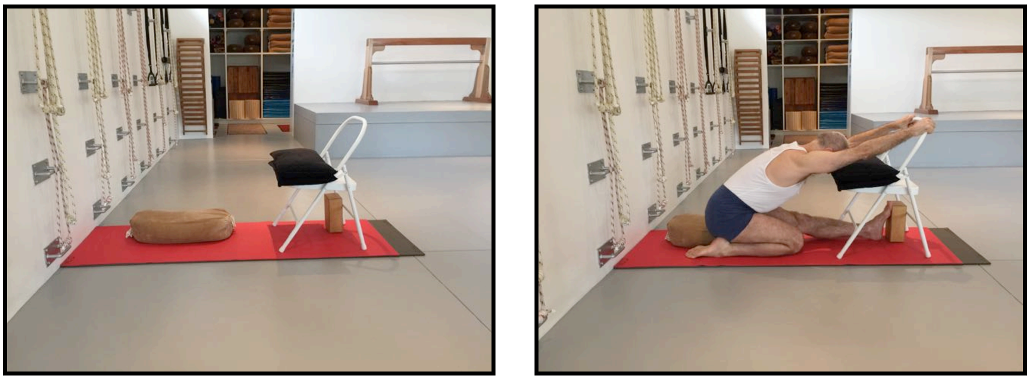
Uttanasana with chair



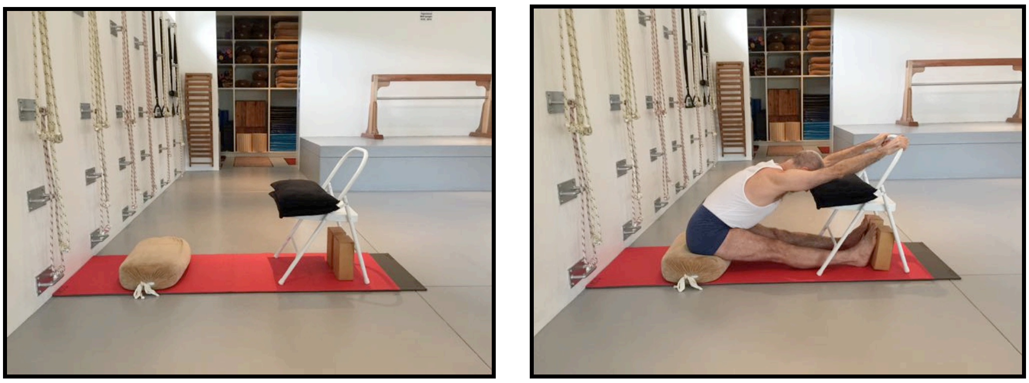
Adho Mukha Swastikasana with chair



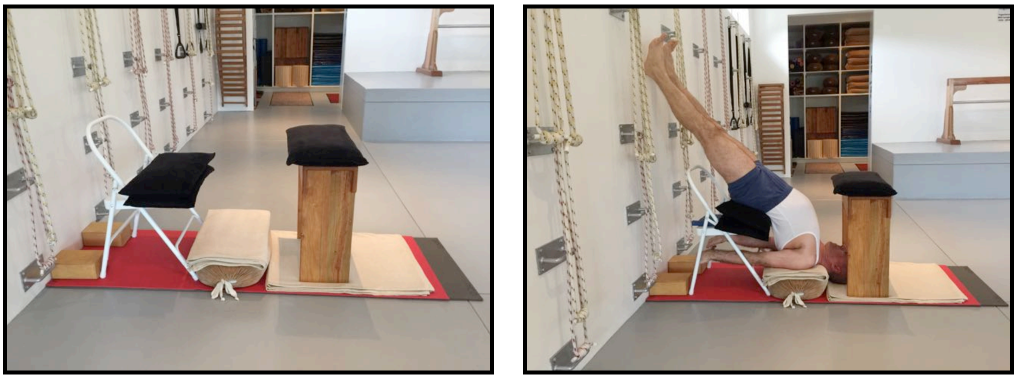
Janu Sirsasana with chair



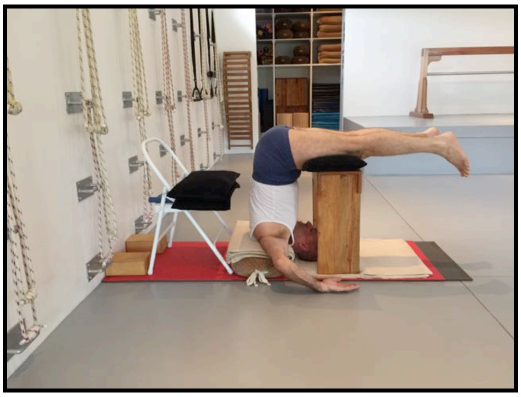
Triang Mukhaikapada Paschimottanasana with chair



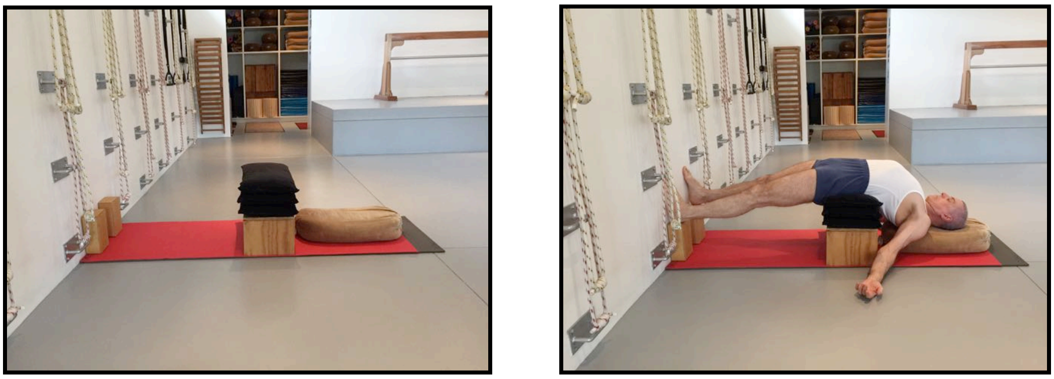
Paschimottanasana with chair



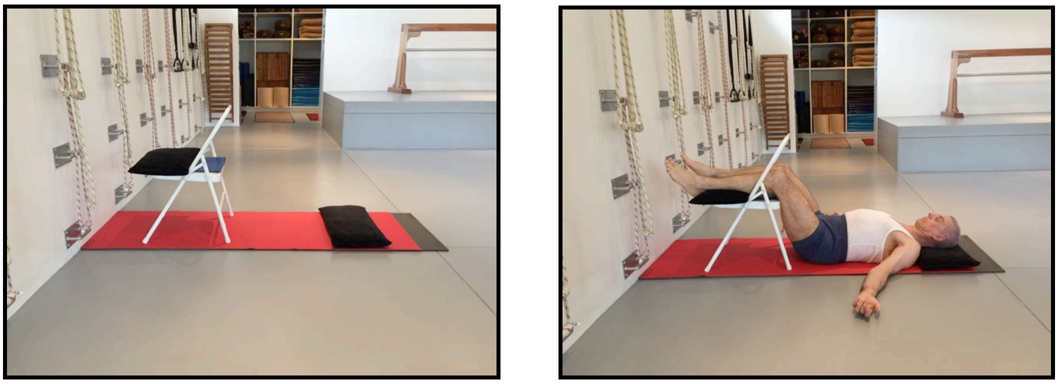
Chair Sarvangasana



Niralamba Halasana



Setubandha Sarvangasana

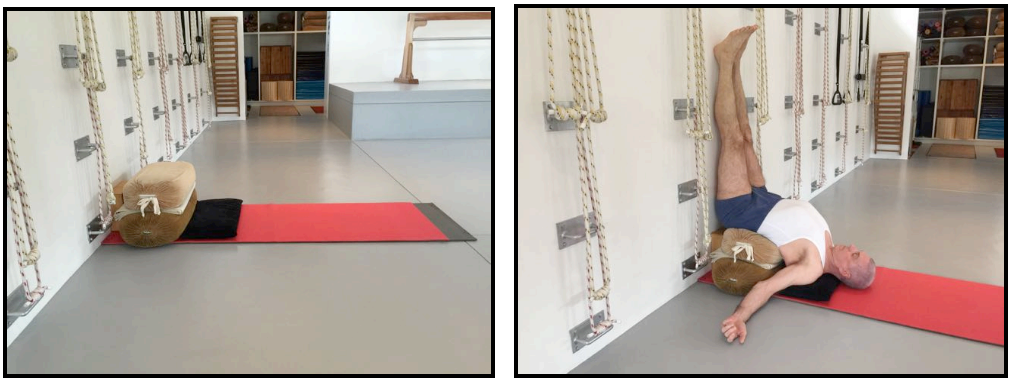


Chair Savasana

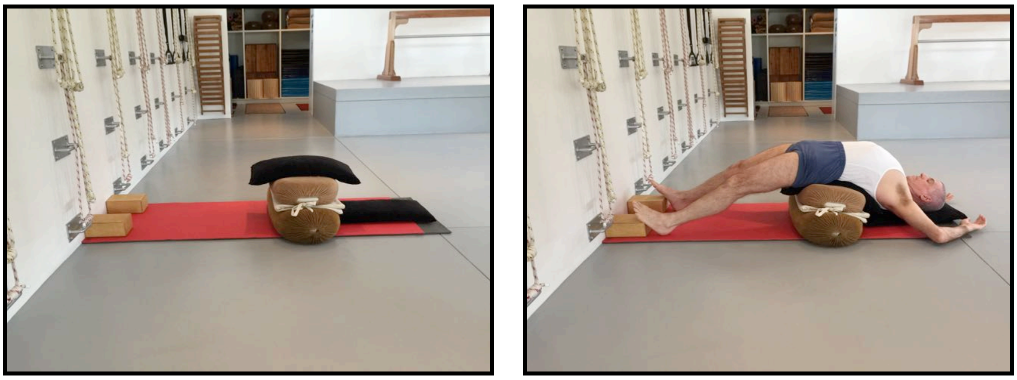
**Yoga Wisdom**

**Train your senses to be obedient.**
**Regulate your activities to lead you to the goal.**
**Hold the reigns of your mind as you hold the reigns of wild horses.**

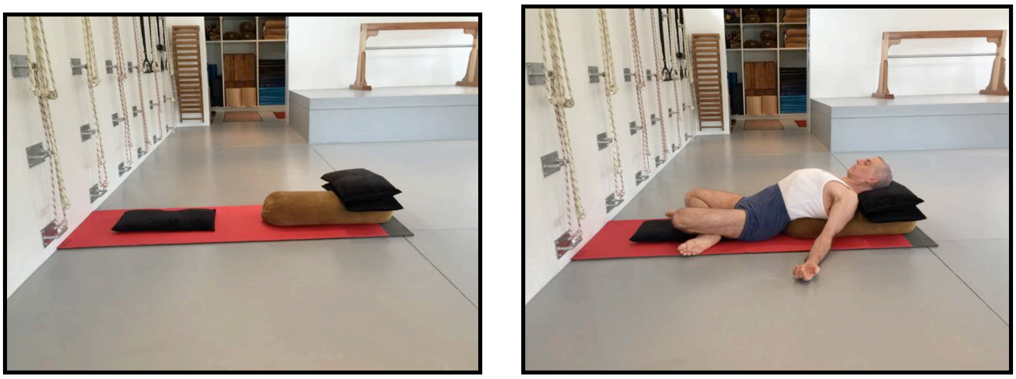
# Sequence 6



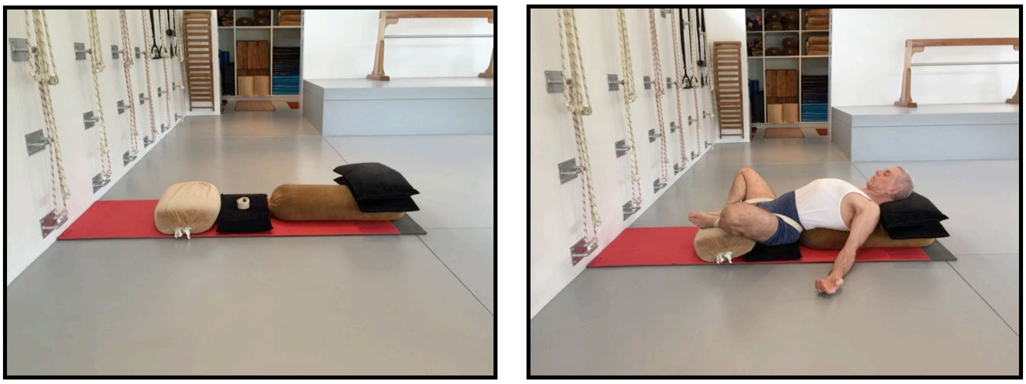
Viparita Karani



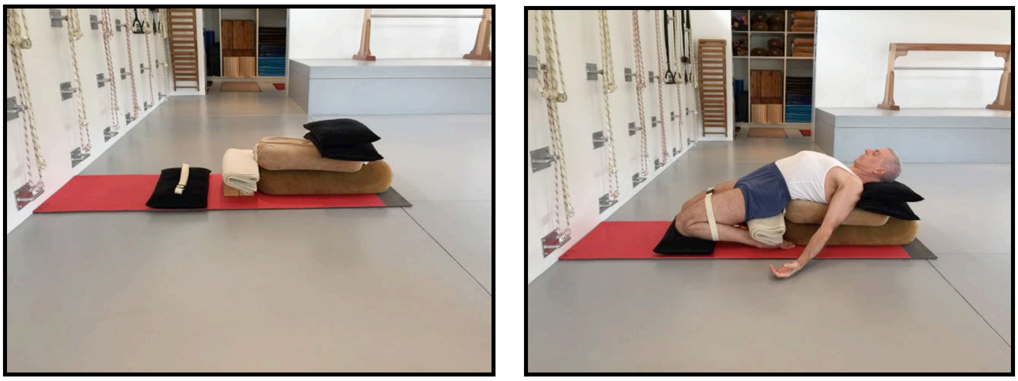
Setubandha Sarvangasana



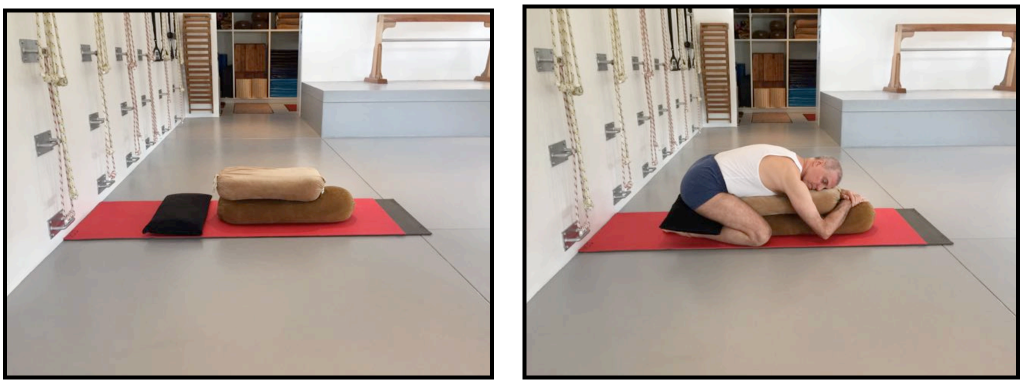
Supta Swastikasana



Supta Baddha Konasana



Supta Virasana



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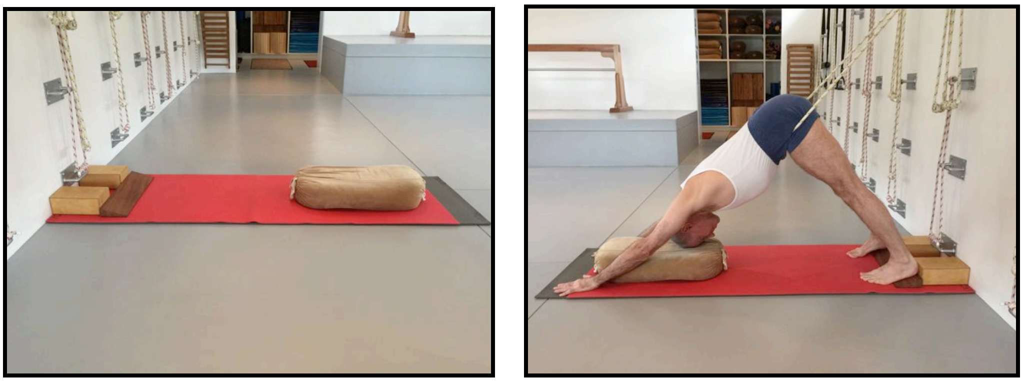

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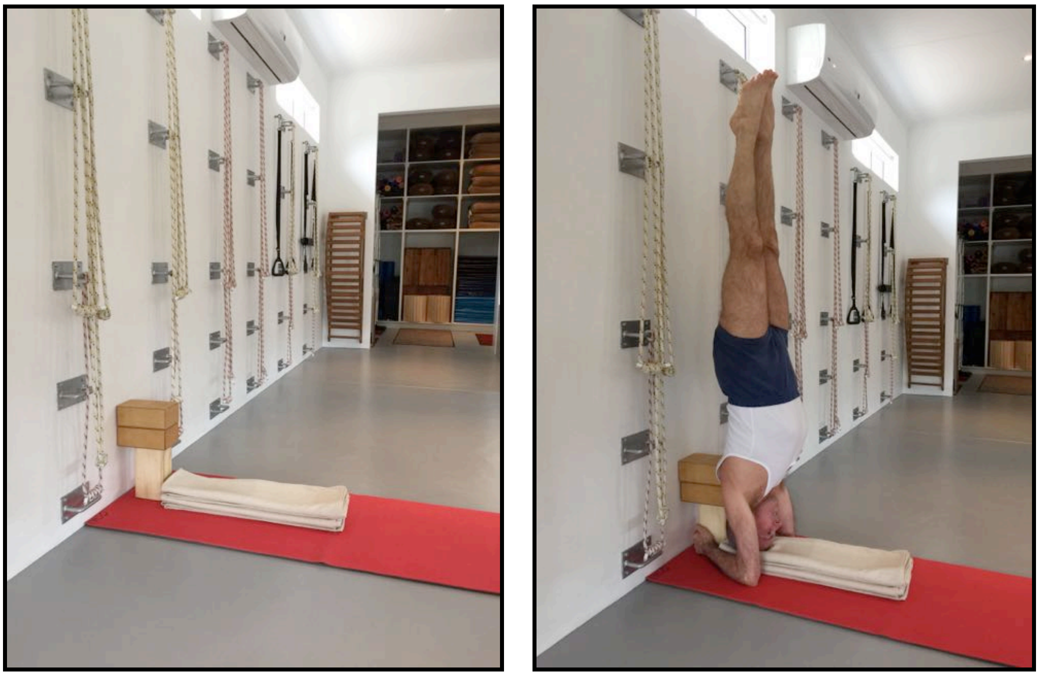
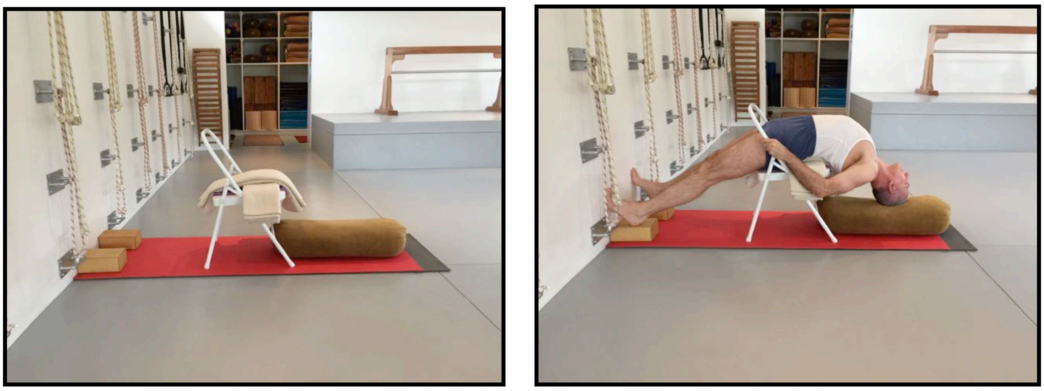
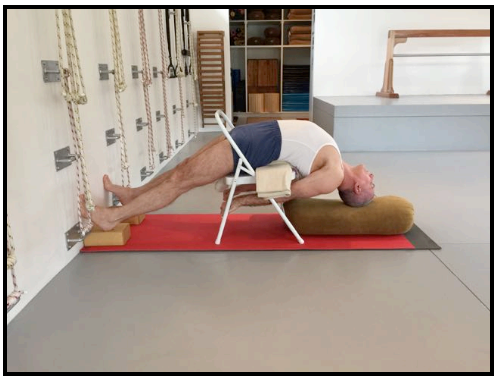


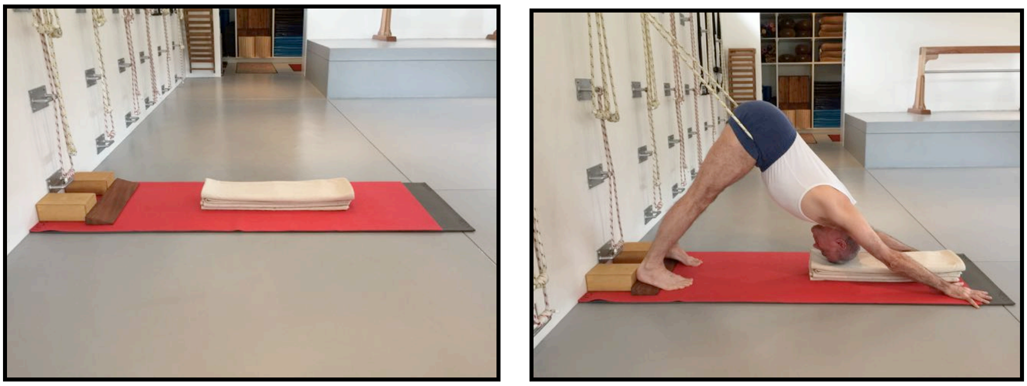
Salamba Sirsasana I with blocks



Chair Dwi Pada Viparita Dandasana



Chair Dwi Pada Viparita Dandasana



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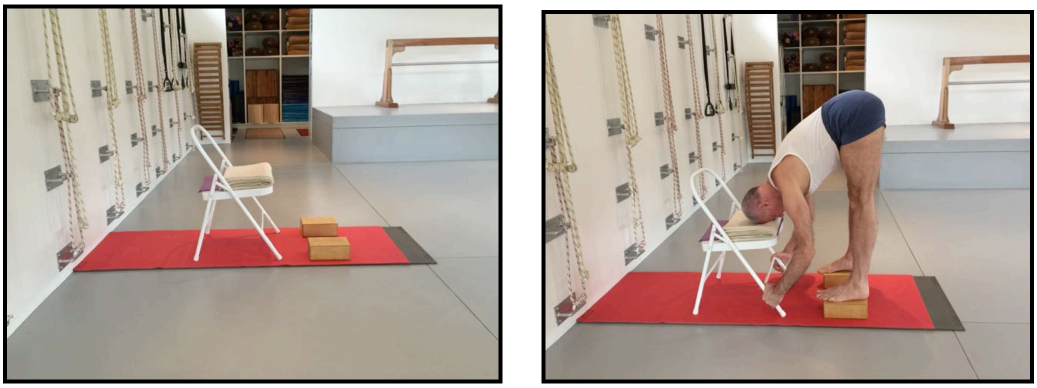
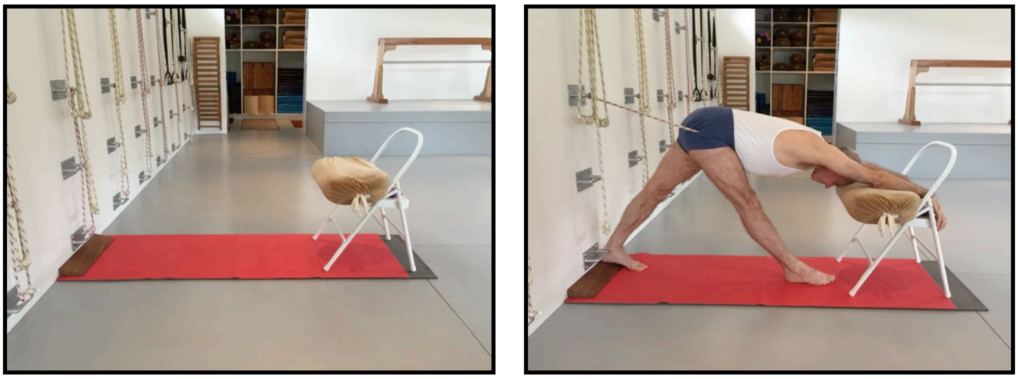
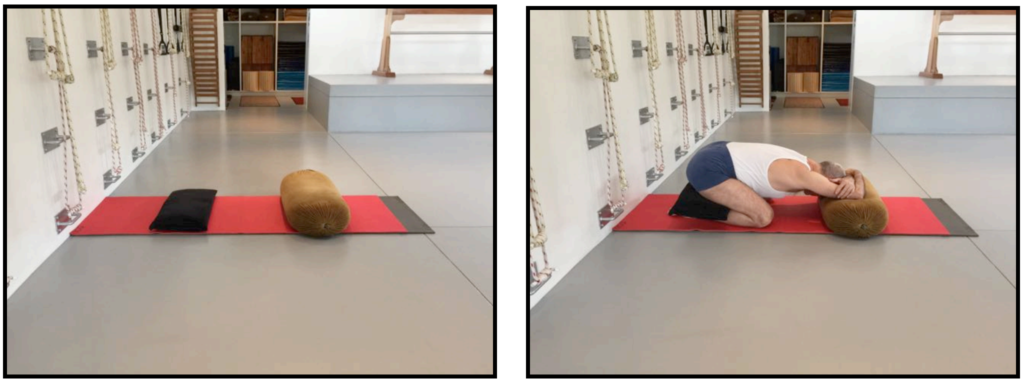


Uttanasana with chair



Chair Parsvottanasana



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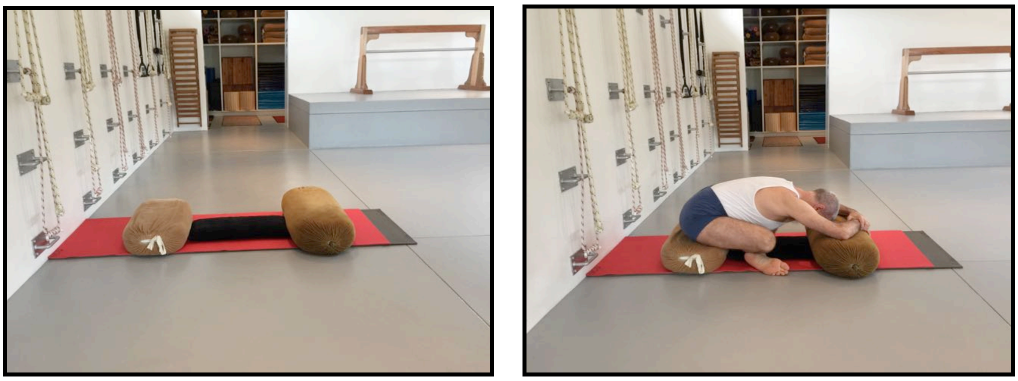

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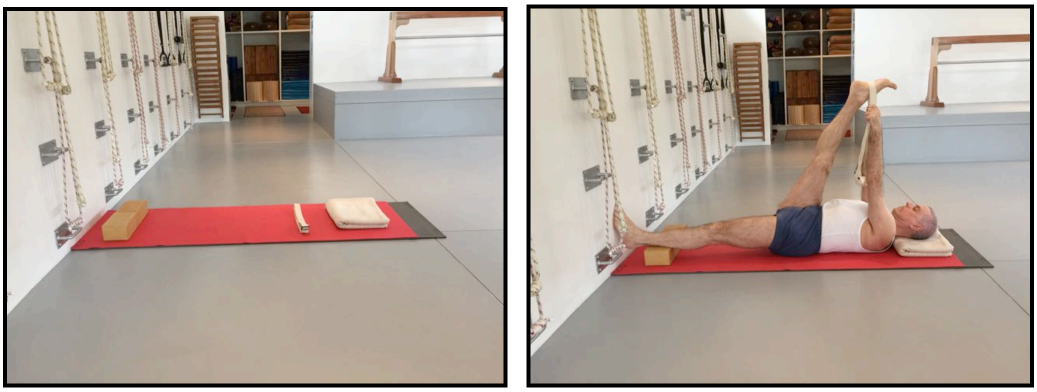
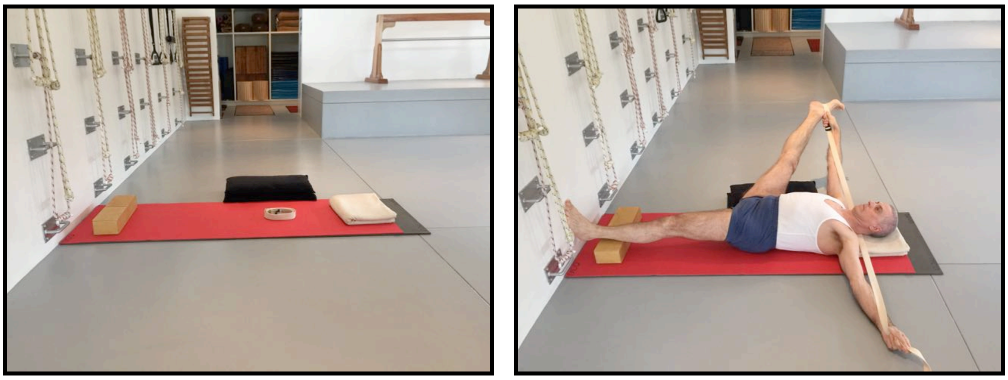
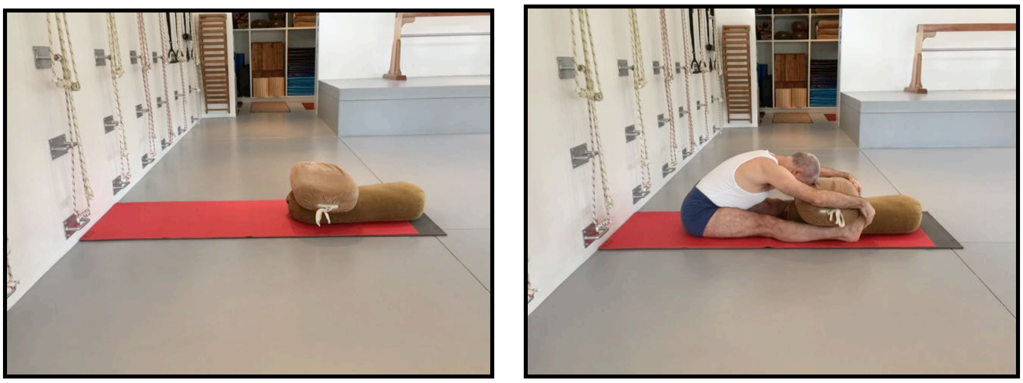


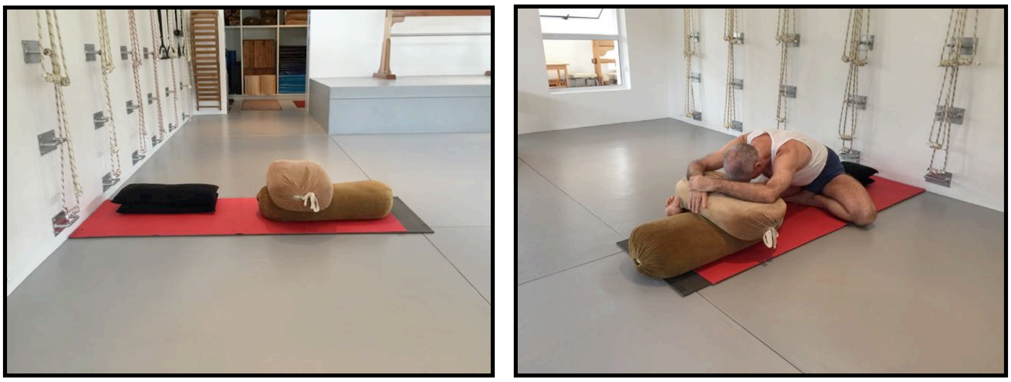
Supta Padangusthasana I



Supta Padangusthasana II



Paschimottanasana



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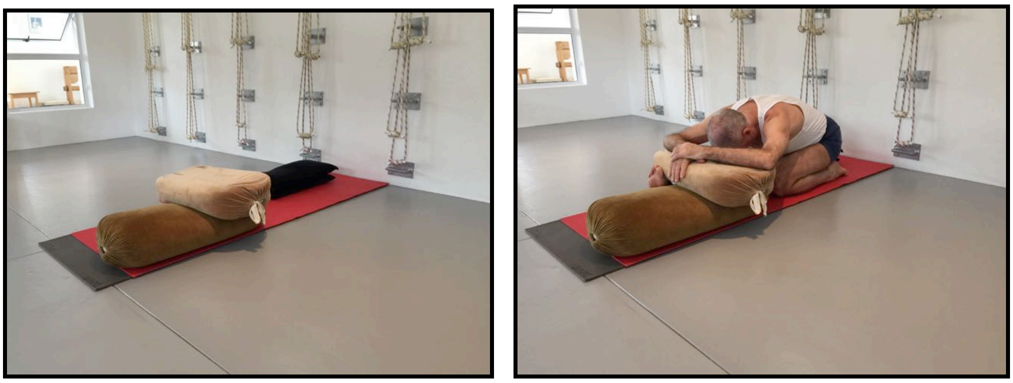
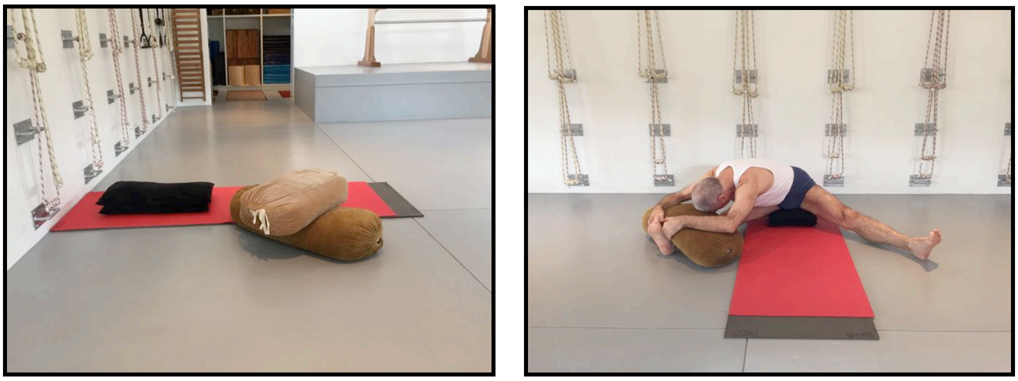
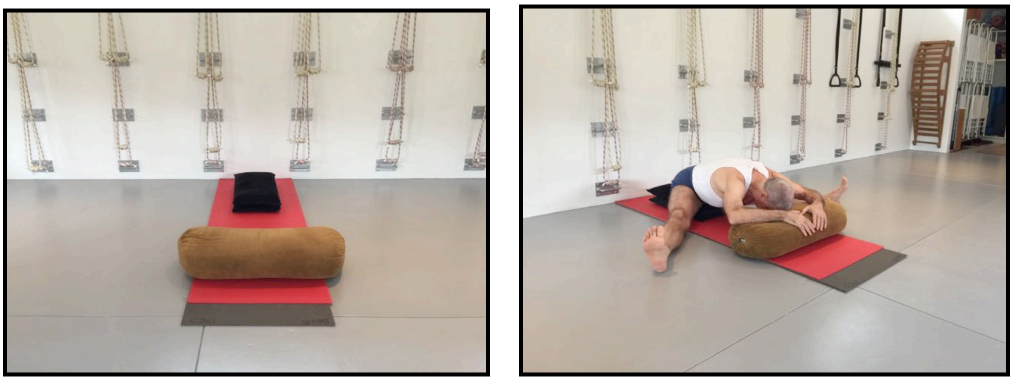


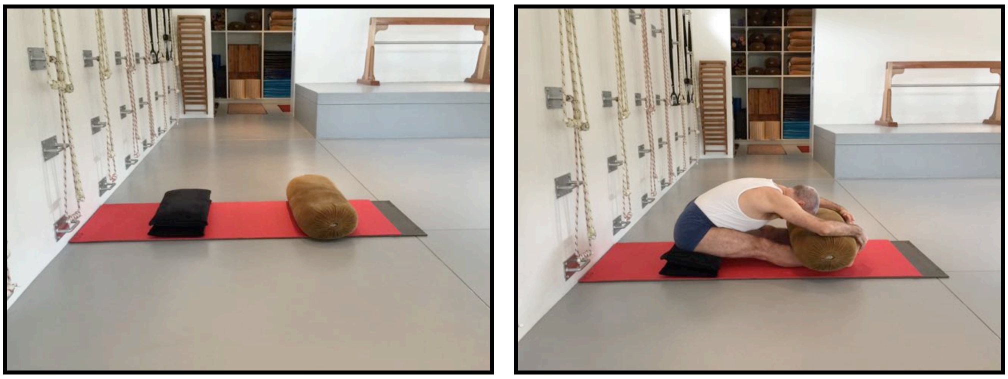
Triang Mukhaikapada Paschimottanasana



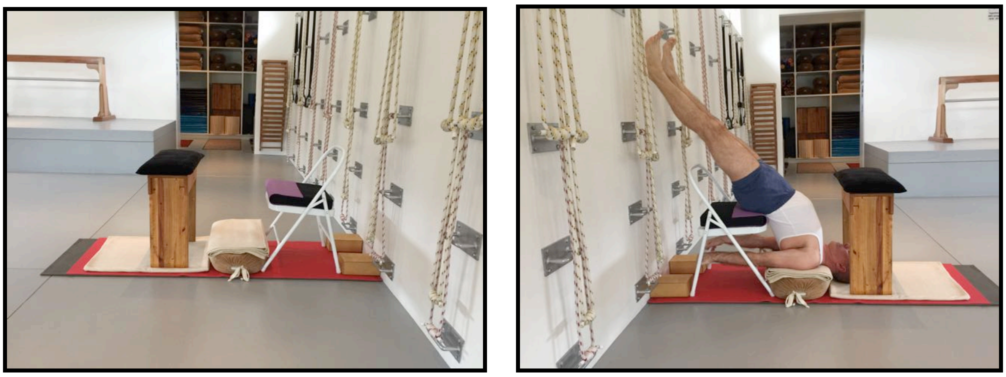
Parsva Adho Mukha Upavistha Konasana



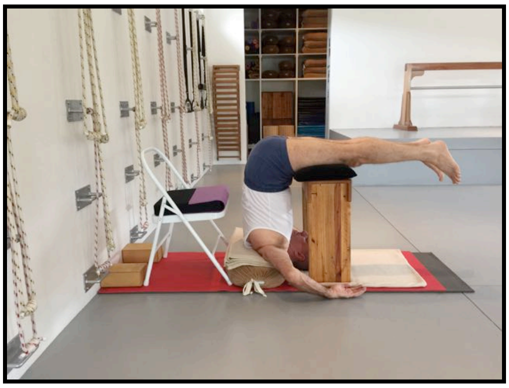
Adho Mukha Upavistha Konasana



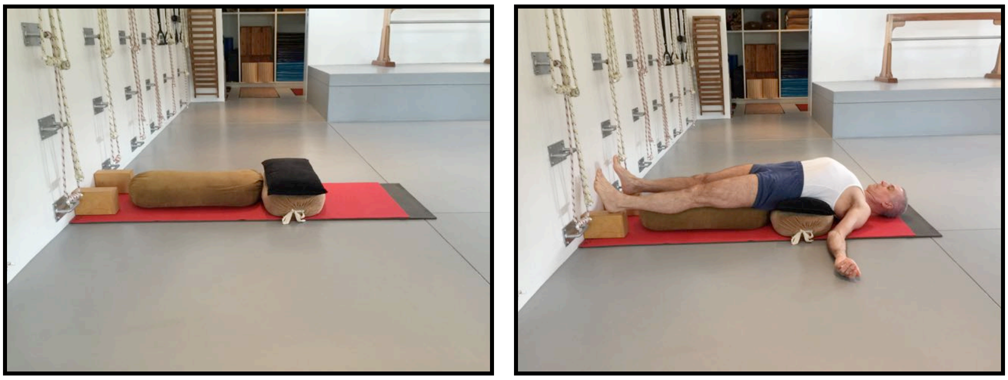
Paschimottanasana



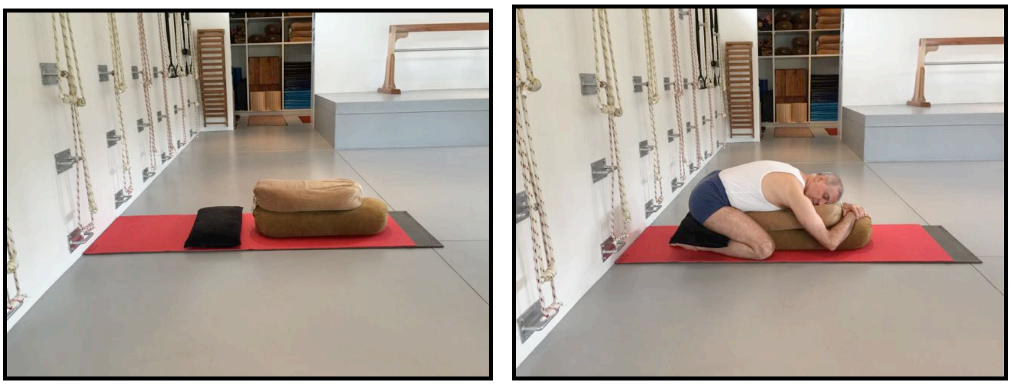
Chair Sarvangasana



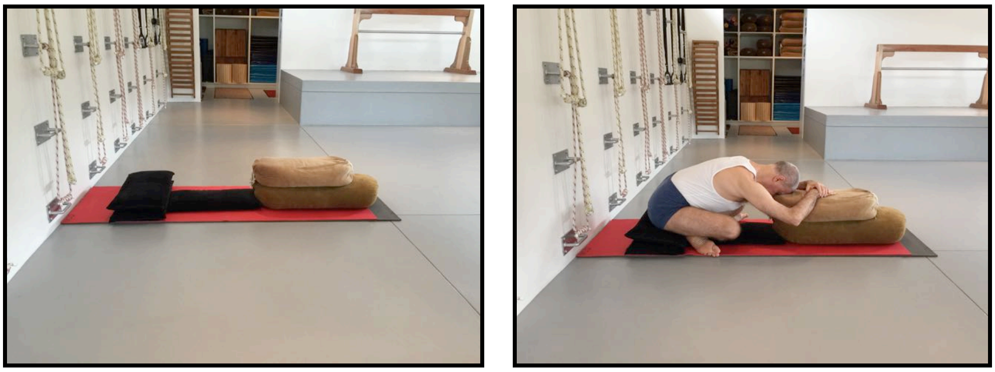
Niralamba Halasana



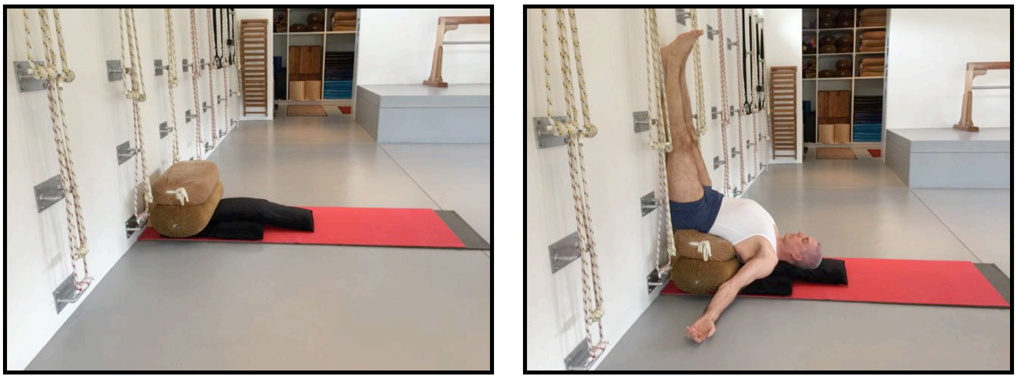
Setubandha Sarvangasana



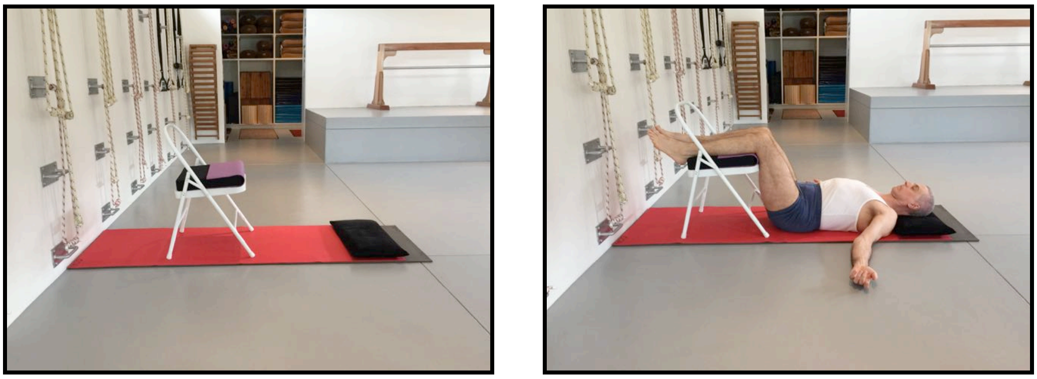
Adho Mukha Virasana



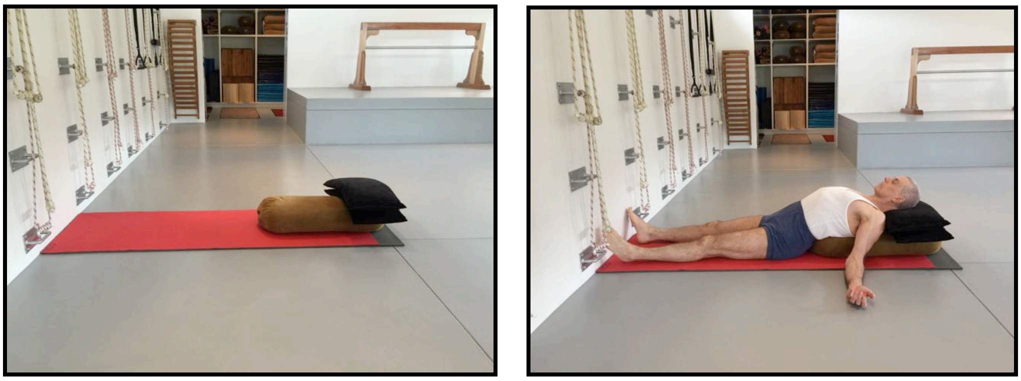
Adho Mukha Swastikasana



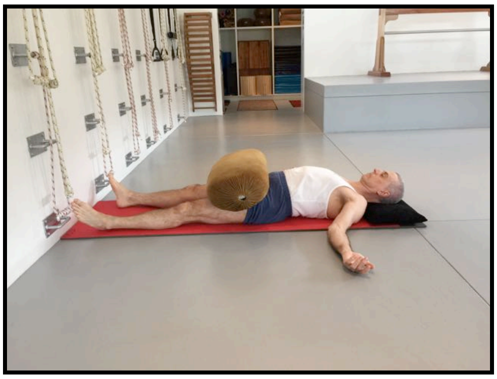
Viparita Karani



Chair Savasana



Bolster Savasana



**Yoga Wisdom**

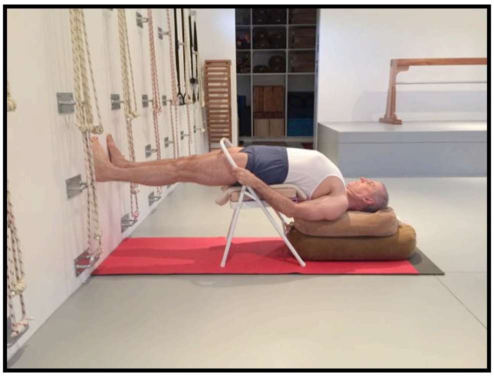
**The practising of asanas has to be done over and over again, although the structure of the pose remains the same, your experience of the pose should deepen**

# Relaxed Body – Relaxed Mind

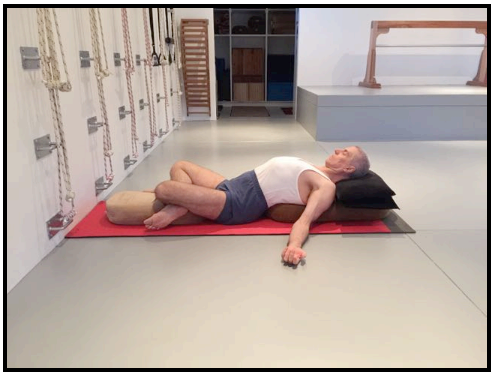
## A Guide to Iyengar Yoga Restorative Practice (Visranta Karaka Sthiti)

## General Restorative Yoga Sequences

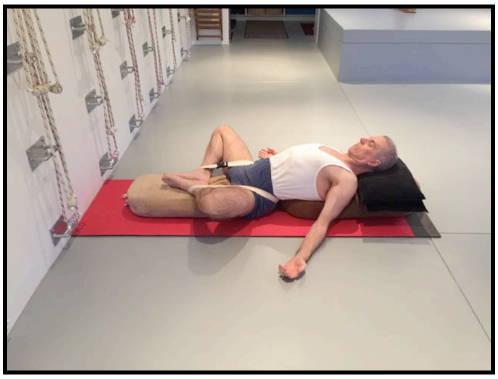
### Sequence 1



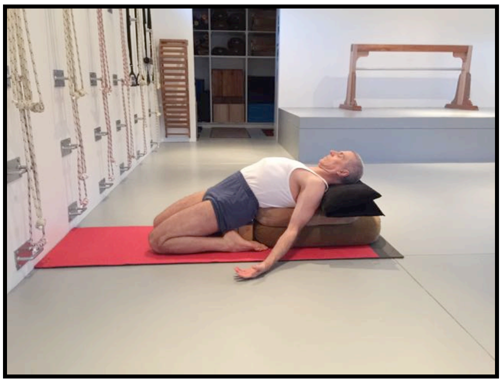
Chair Setubandha Sarvangasana



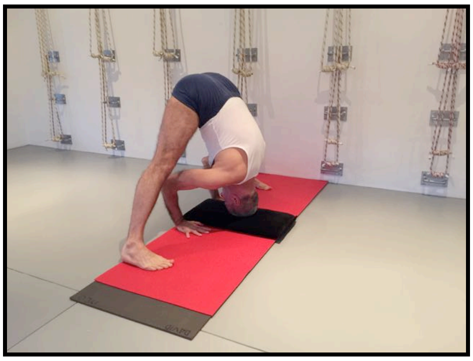
Supta Swastikasana



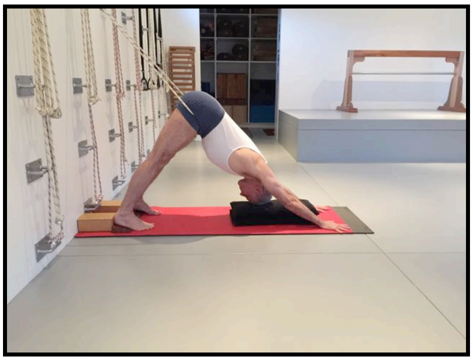
Supta Baddha Konasana



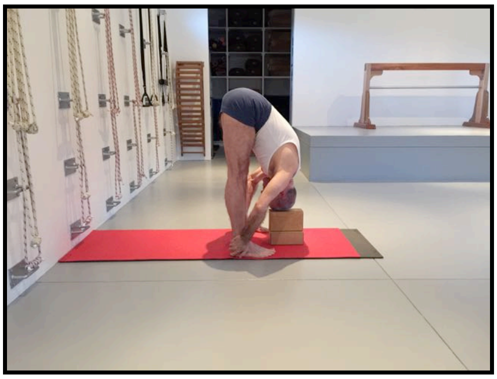
Supta Virasana



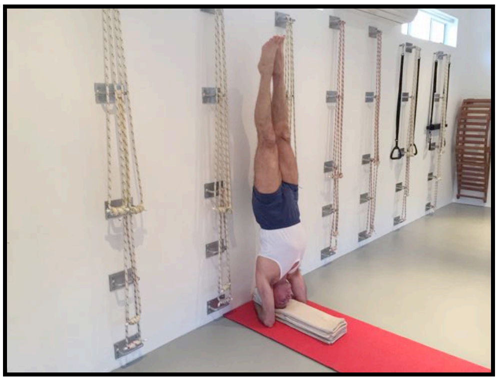
Prasarita Padottanasana I



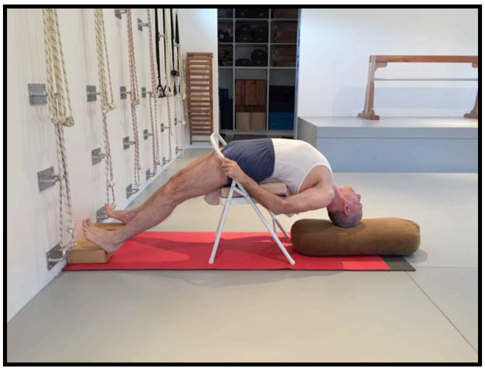
Rope Adho Mukha Svanasana



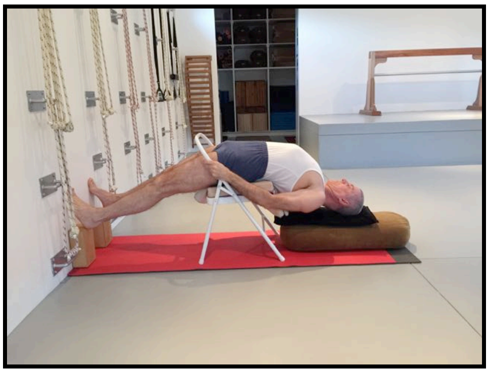
Padagulfasana



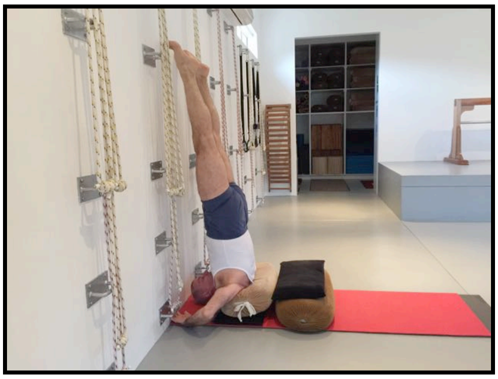
Salamba Sirsasana I



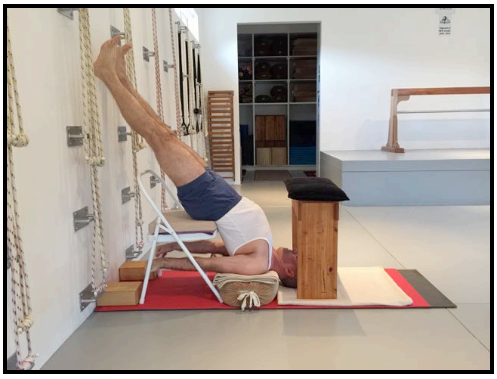
Chair Dwi Pada Viparita Dandasana



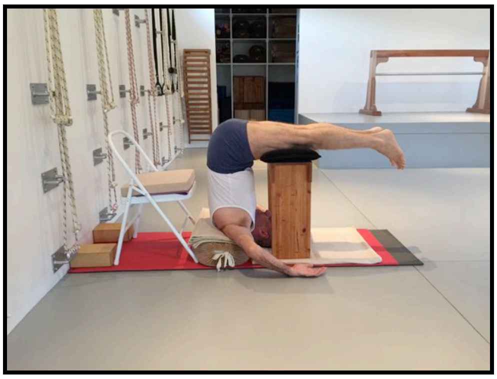
Chair Setubandha Sarvangasana



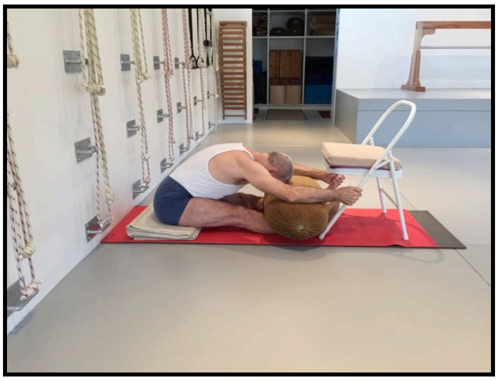
Niralamba Sarvangasana



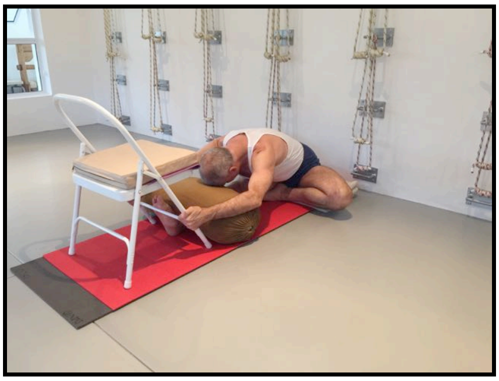
Chair Sarvangasana



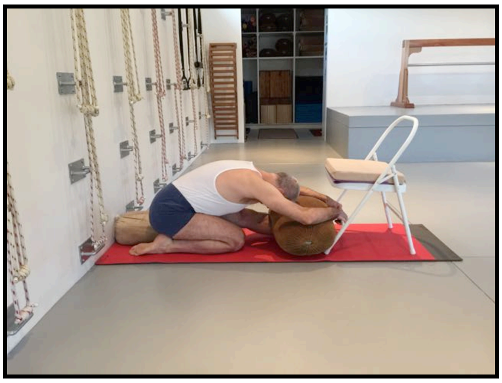
Niralamba Halasana



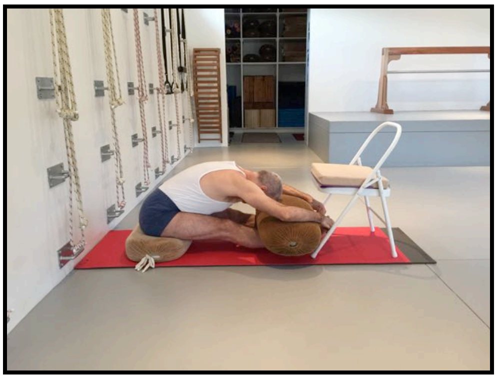
Paschimottanasana with chair



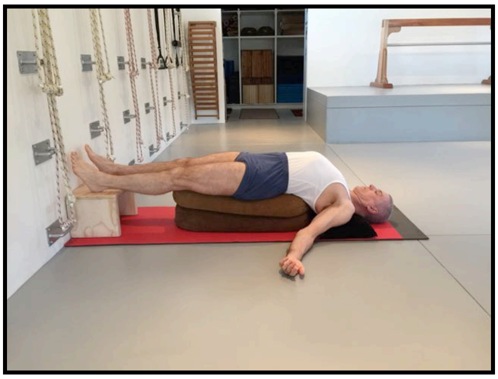
Janu Sirsasana
with chair



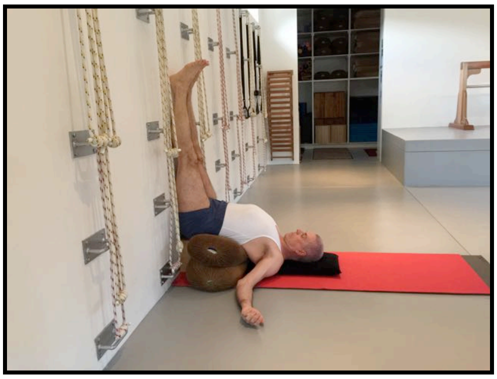
Triang Mukhaikapada
Paschimottanasana with chair



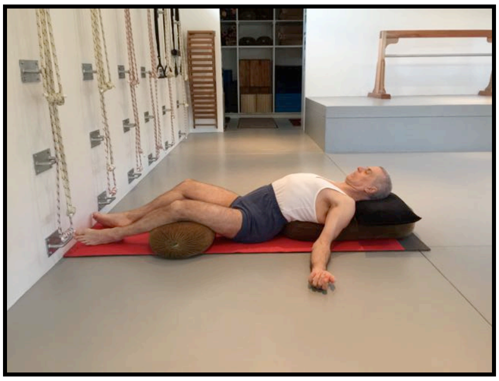
Paschimottanasana with chair



Setubandha Sarvangasana



Viparita Karani

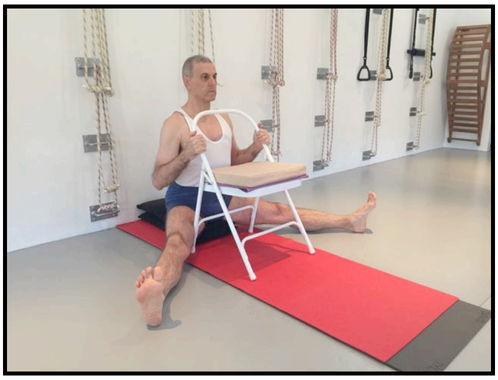


Bolster Savasana

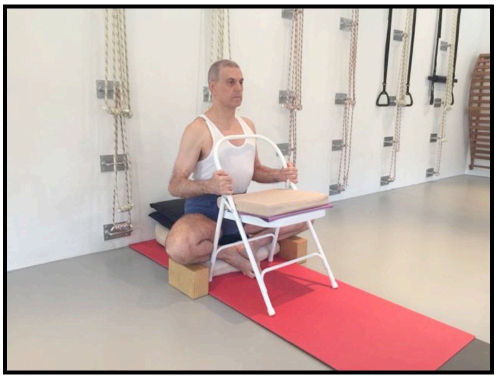
**Yoga Wisdom**

**To a mind that is still, the whole Universe surrenders. The present moment is where Life can be found and if you don't arrive there, you miss your appointment with Life**

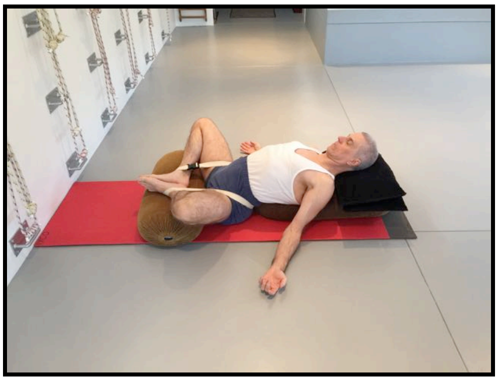
## Sequence 2



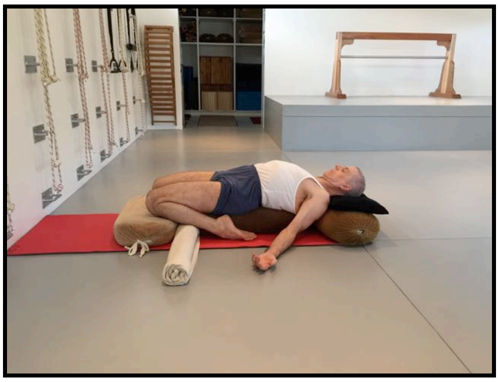
Utthita Upavistha Konasana with chair



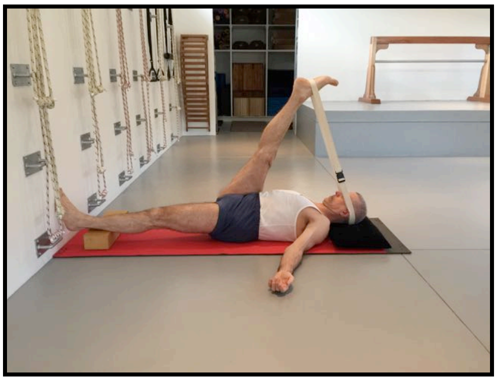
Utthita Baddha Konasana with chair



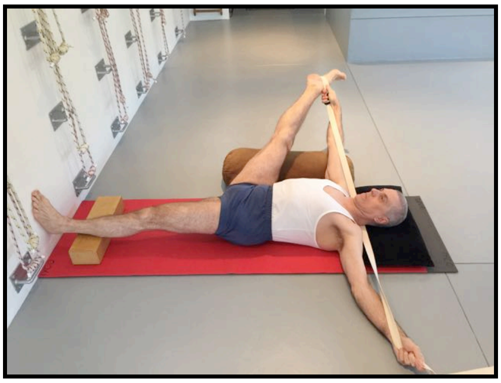
Supta Baddha Konasana



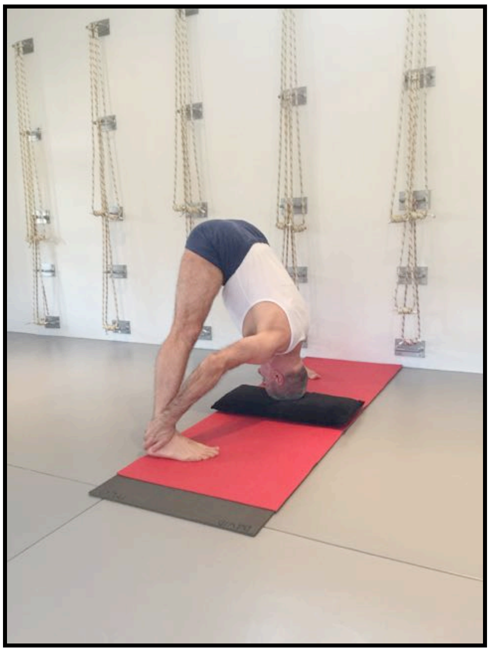
Supta Virasana



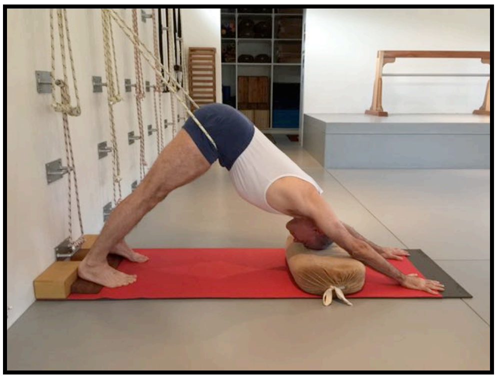
Supta Padangusthasana I



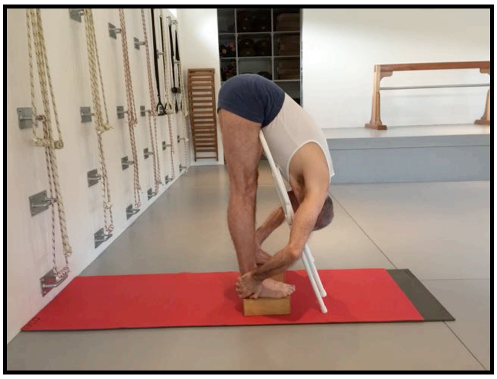
Supta Padangusthasana II



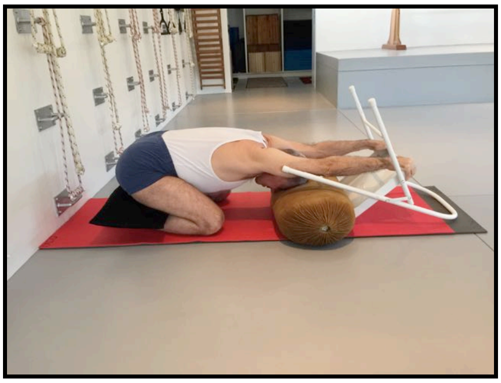
Prasarita Padottanasana I



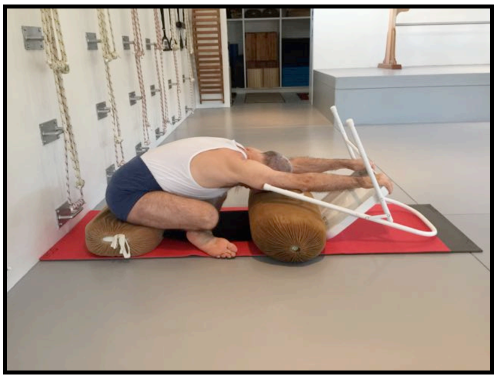
Rope Adho Mukha Svanasana



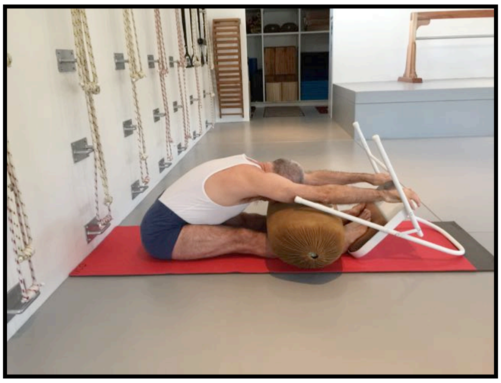
Padagulfasana with chair



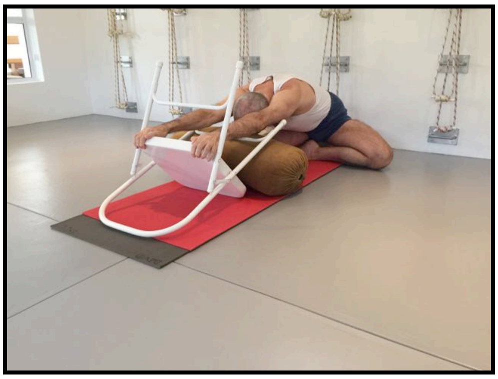
Adho Mukha Virasana
with inverted chair



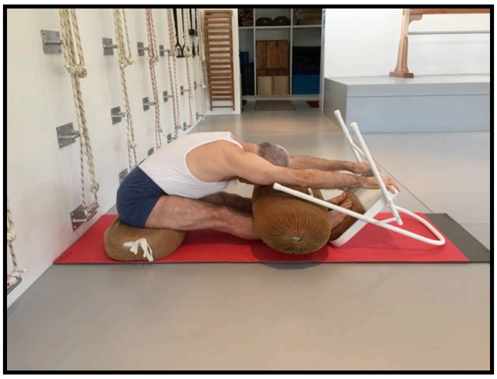
Adho Mukha Swastikasana
with inverted chair



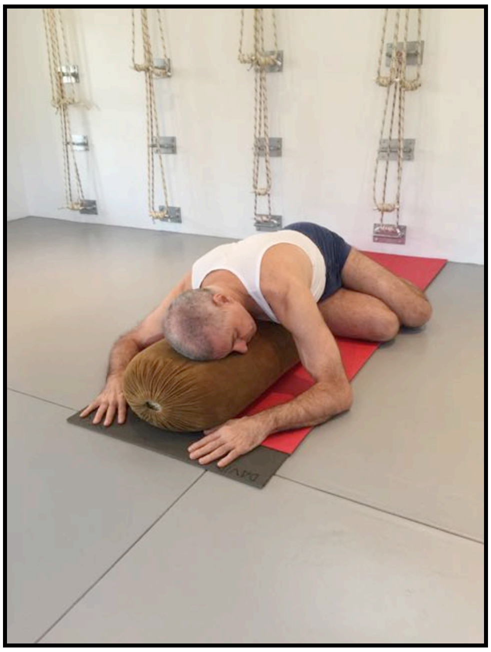
Paschimottanasana
with inverted chair



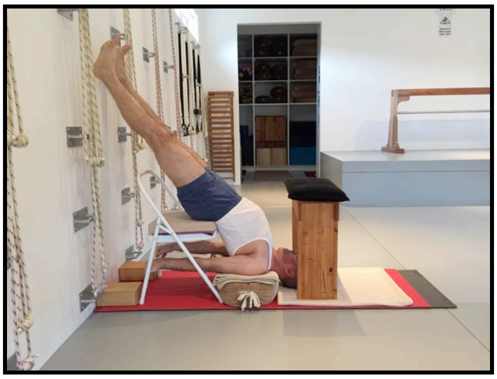
Janu Sirsasana
with inverted chair



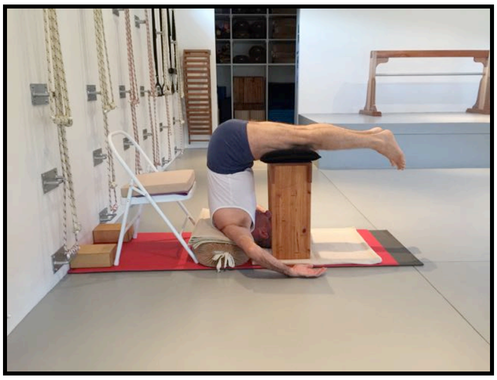
Paschimottanasana
with inverted chair



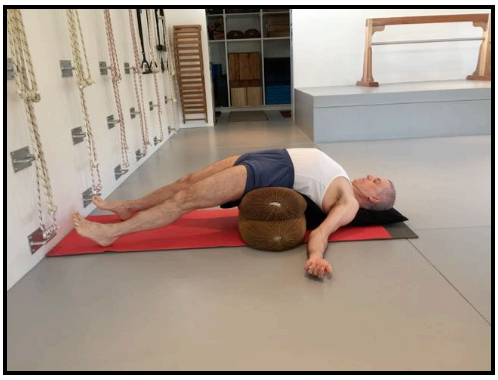
Parivrtta Pavanmuktasana



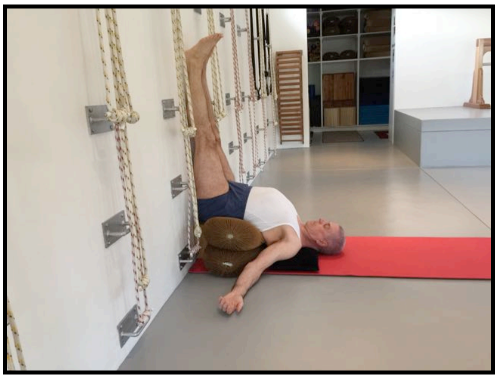
Chair Sarvangasana



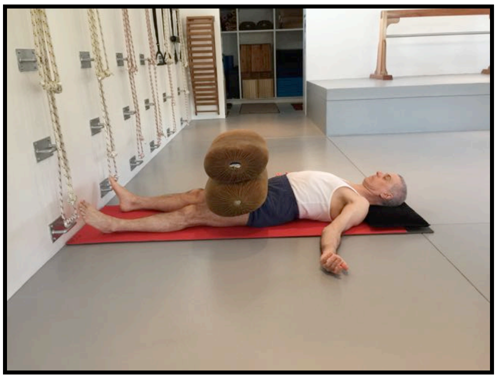
Niralamba Halasana



Setubandha Sarvangasana



Viparita Karani

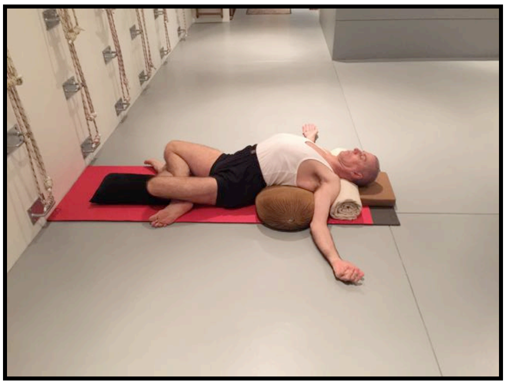


Bolster Savasana

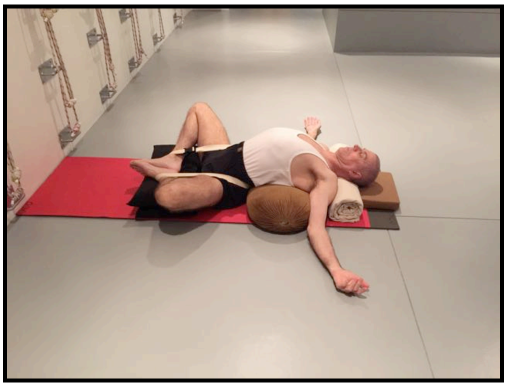
**Yoga Wisdom**

**Even if we say our practice is not good enough there is not another practice for you now. Good or bad it is your practice.**

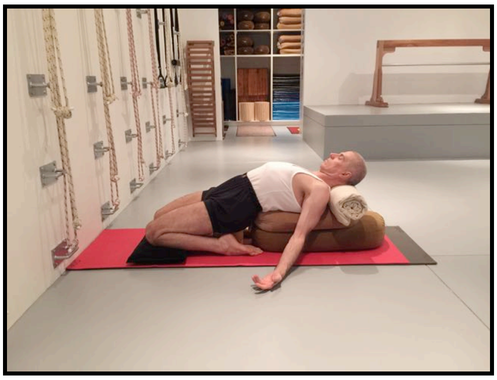
### Sequence 3



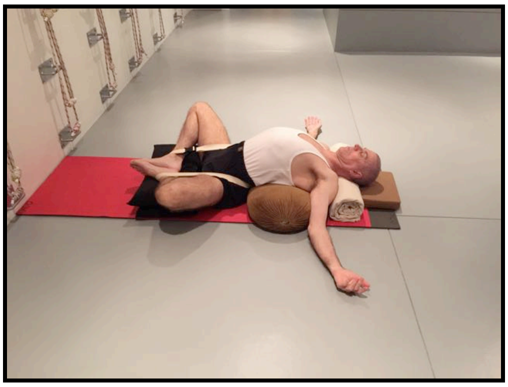
Supta Swastikasana



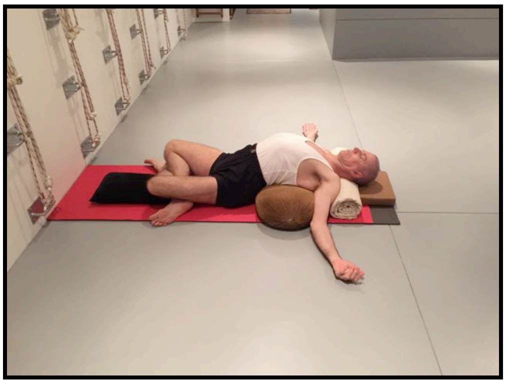
Supta Baddha Konasana



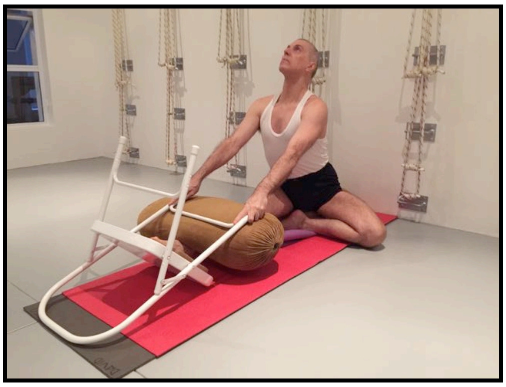
Supta Virasana



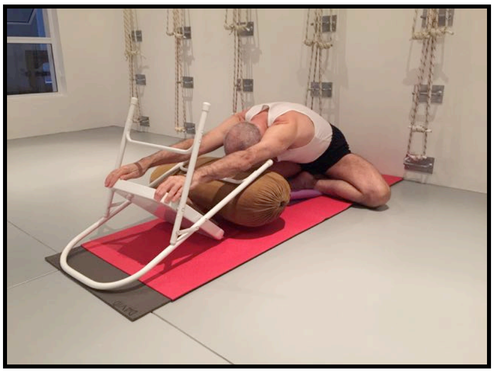
Supta Baddha Konasana



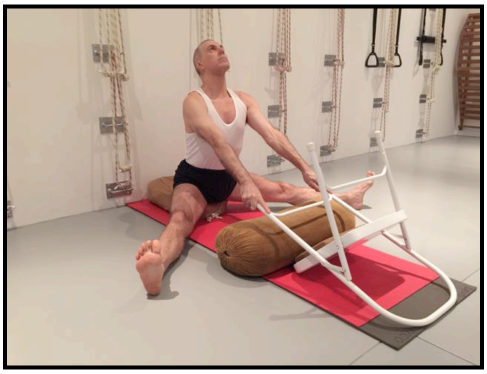
Supta Swastikasana



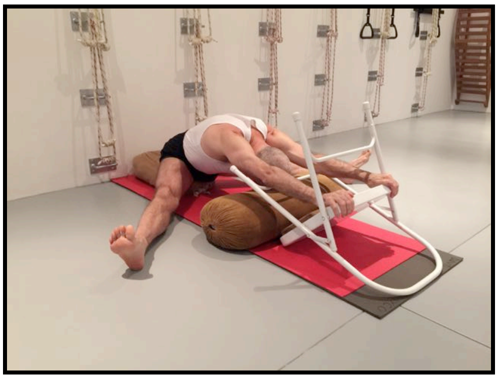
Urdhva Mukha Janu Sirsasana
with inverted chair



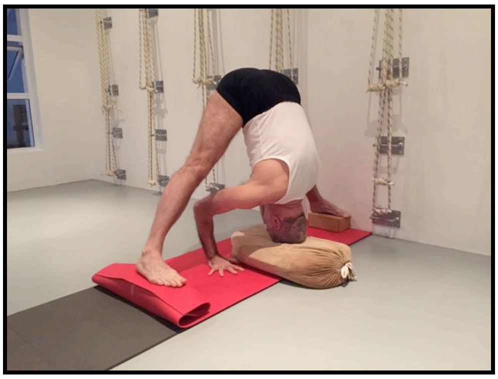
Janu Sirsasana
with inverted chair



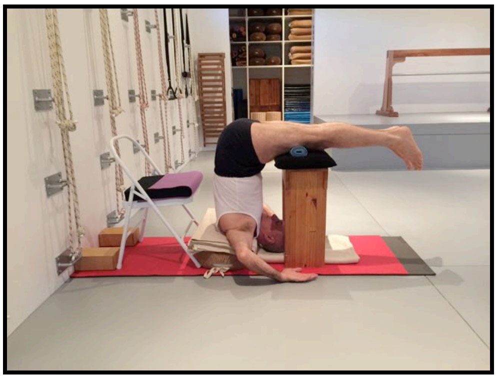
Urdhva Mukha Upavistha Konasana
with inverted chair



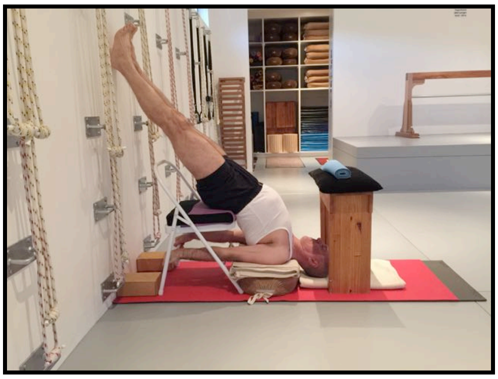
Adho Mukha Upavistha Konasana with inverted chair



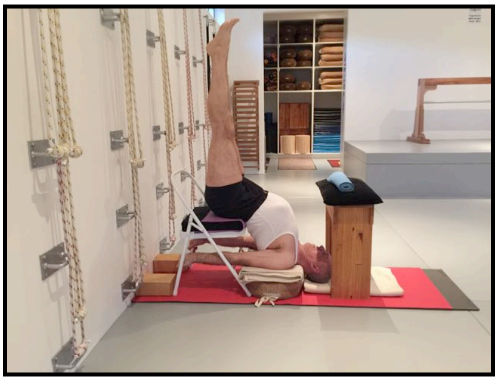
Prasarita Padottanasana I



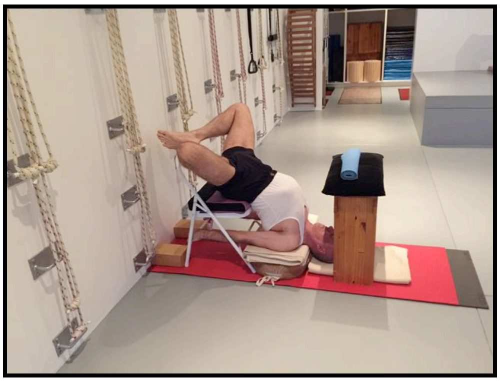
Niralamba Halasana



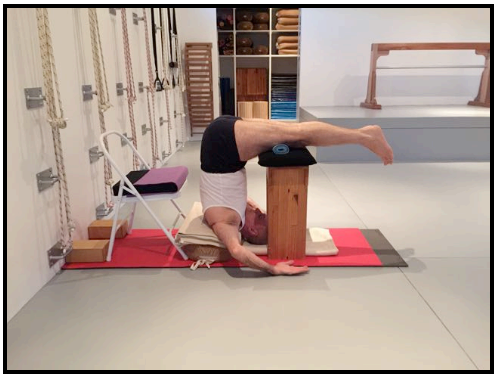
Chair Sarvangasana



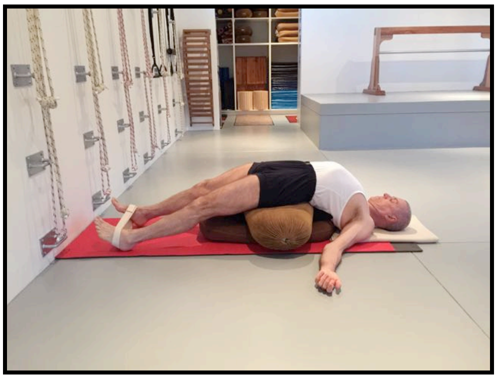
Chair Viparita Karani Sarvangasana



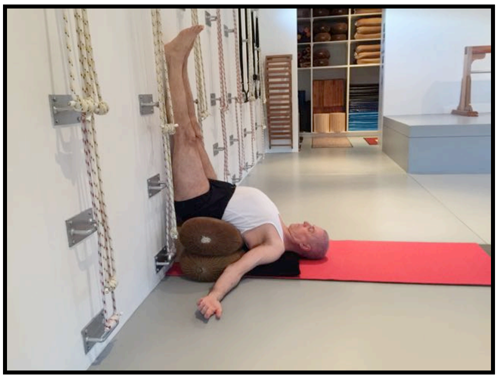
Chair Baddha Konasana Sarvangasana



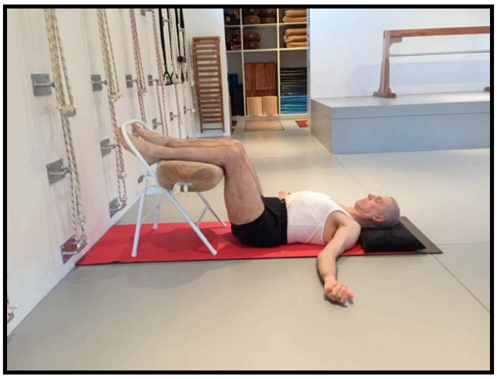
Niralamba Halasana



Setubandha Sarvangasana



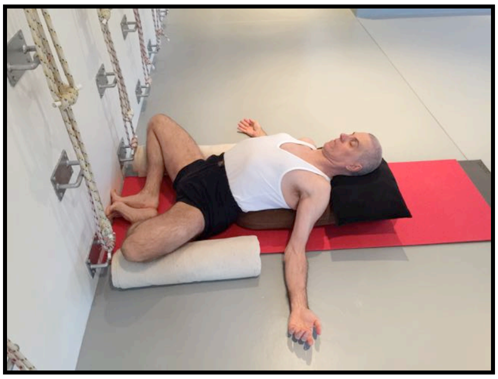
Viparita Karani



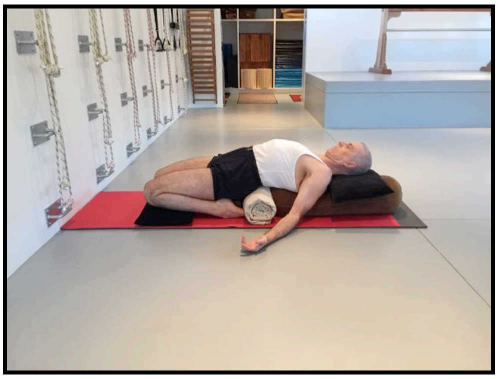
Chair Savasana

**Yoga Wisdom**
**Yoga is much more than physical postures –**
**its real power lies in the training**
**and self-transformation.**

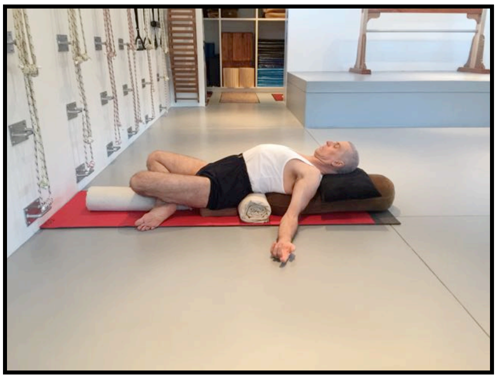
## Sequence 4



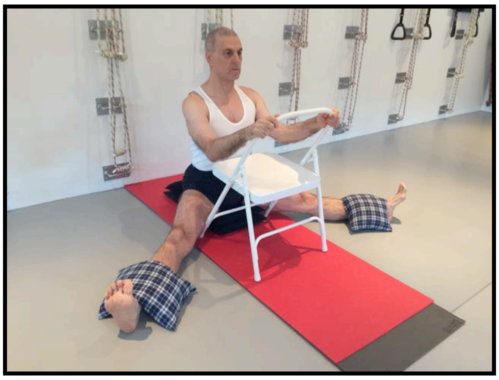
Supta Baddha Konasana



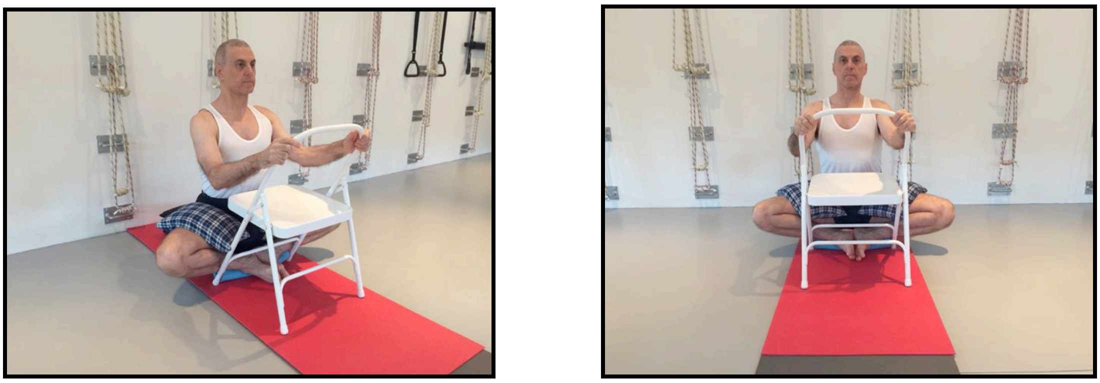
Supta Virasana



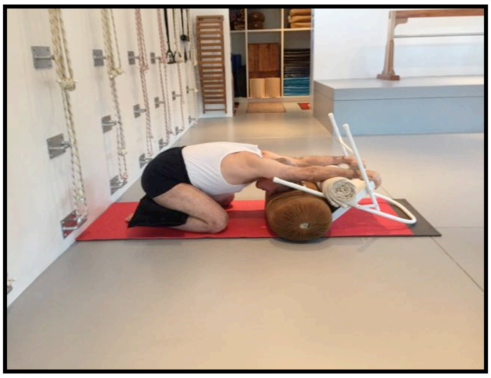
Supta Swastikasana



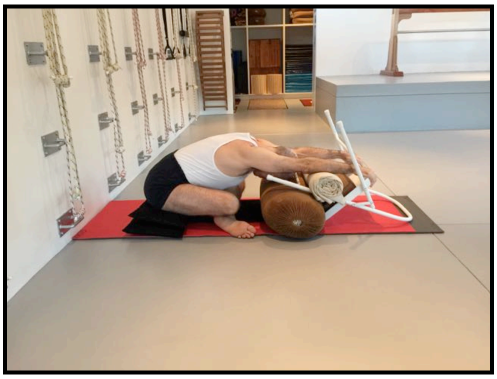
Utthita Upavistha Konasana
with chair



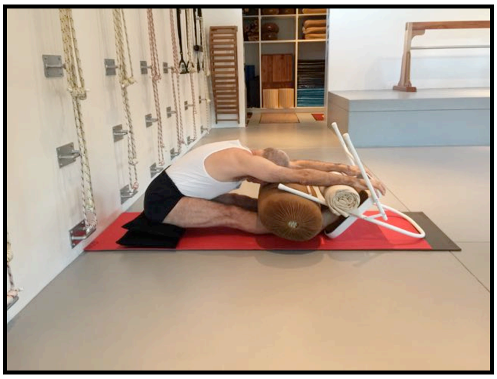
Utthita Baddha Konasana
with chair



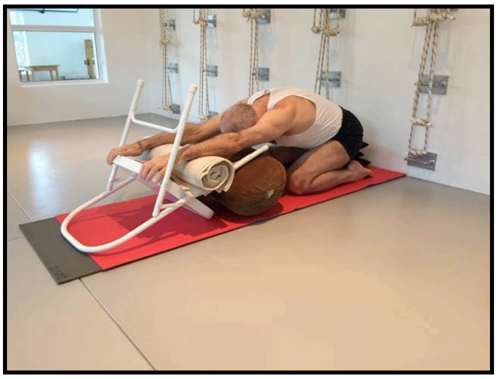
Adho Mukha Virasana
with inverted chair



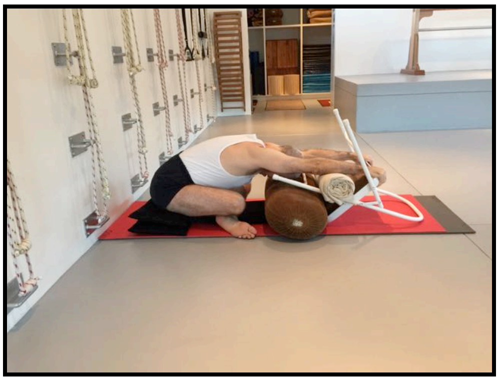
Adho Mukha Swastikasana
with inverted chair



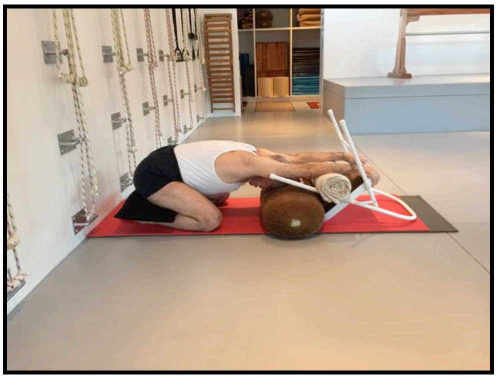
Paschimottanasana
with inverted chair



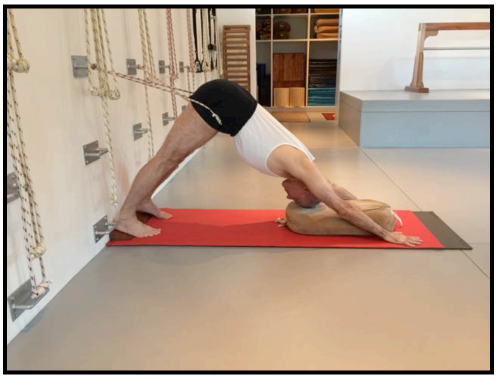
Triang Mukhaikapada
Paschimottanasana
with inverted chair



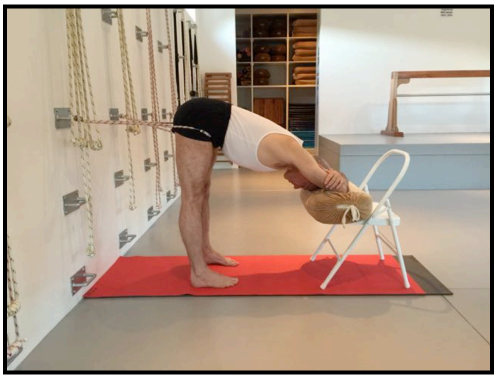
Adho Mukha Swastikasana
with inverted chair



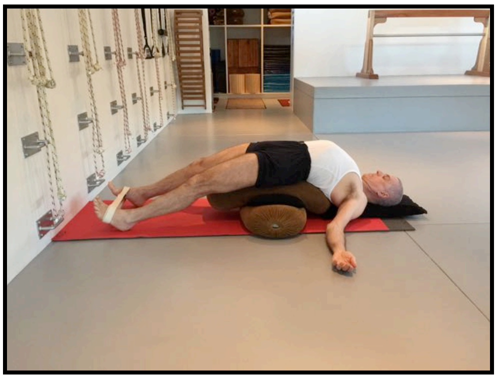
Adho Mukha Virasana
with inverted chair



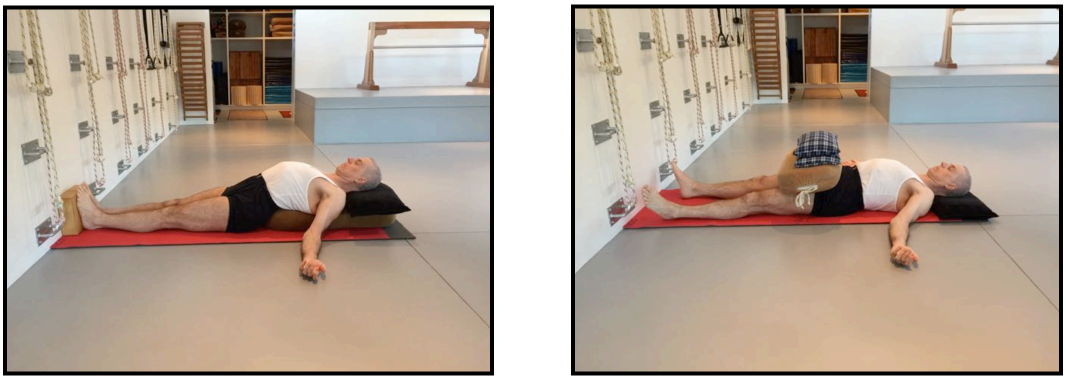
Rope Adho Mukha Svanasana



Ardha Uttanasana with chair and rope



Setubandha Sarvangasana

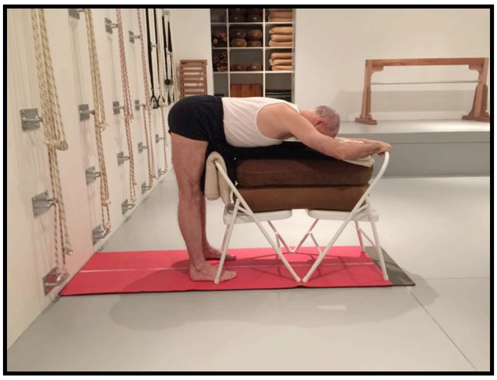


Bolster Savasana

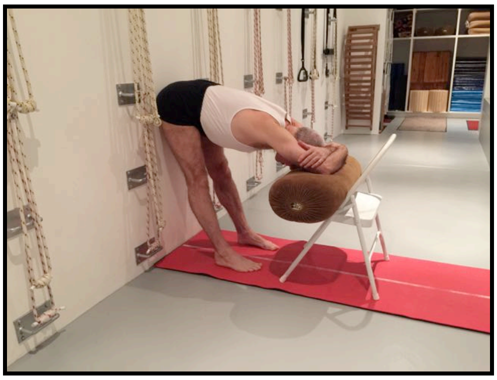
**Yoga Wisdom**

**We can't become who we need to be by remaining who we are.**

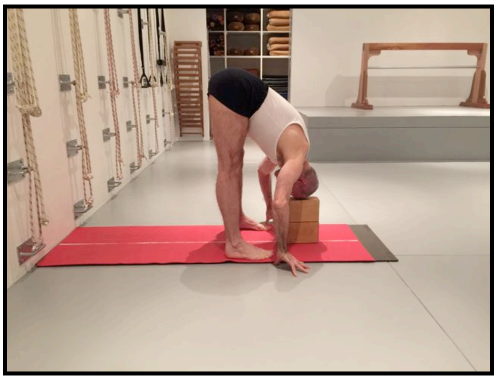
## Sequence 5



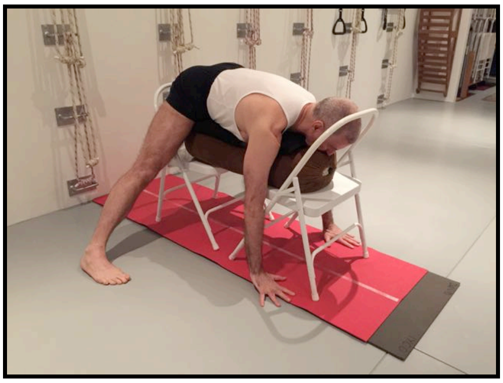
Ardha Uttanasana with chairs



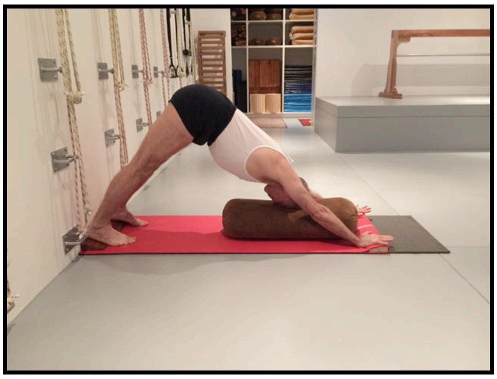
Ardha Uttanasana with chair



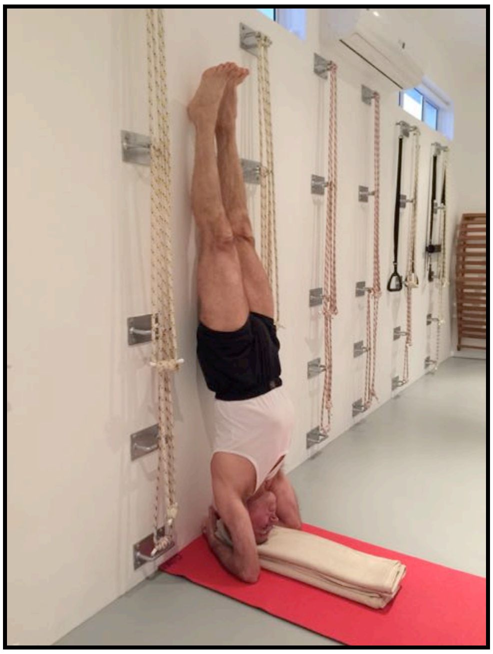
Uttanasana



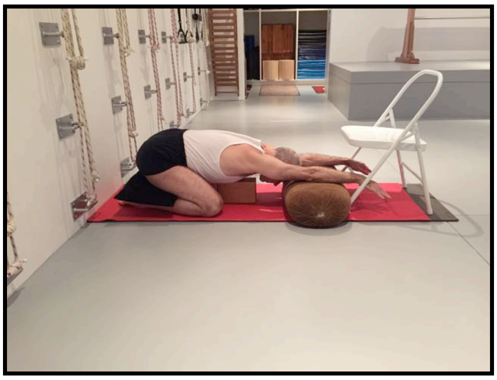
Prasarita Padottanasana I with chairs



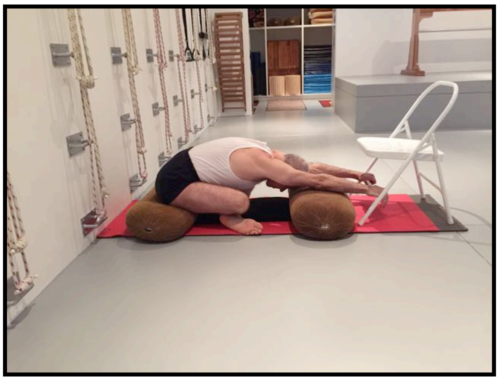
Adho Mukha Svanasana



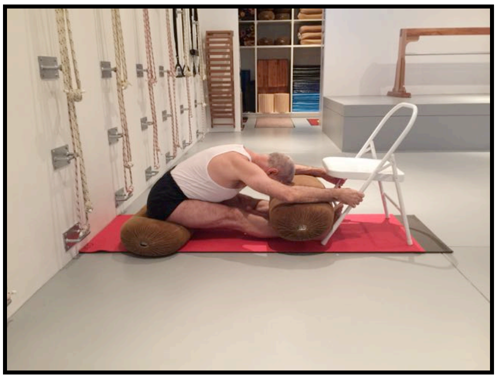
Salamba Sirsasana I



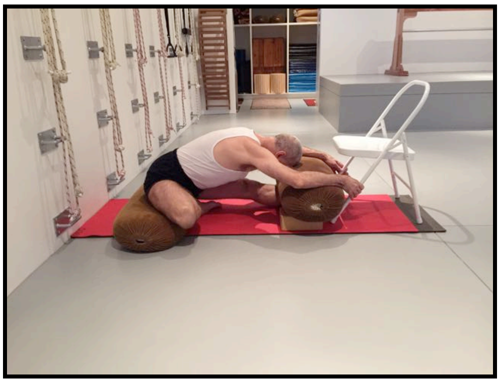
Adho Mukha Virasana
with chair



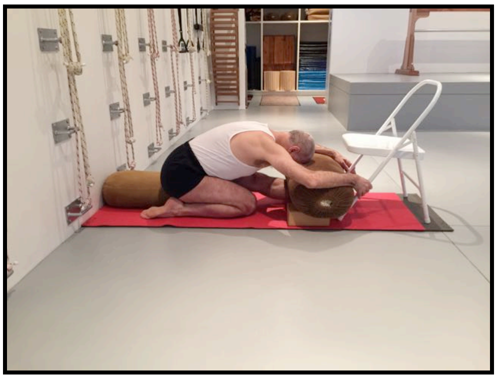
Adho Mukha Swastikasana
with chair



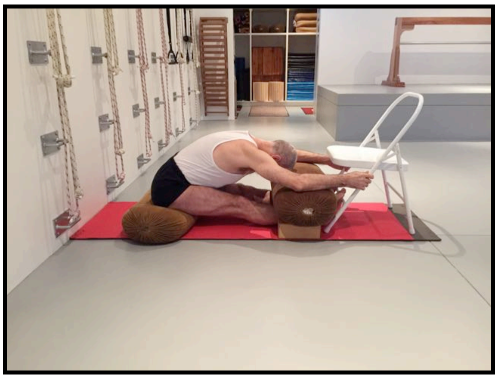
Paschimottanasana with chair



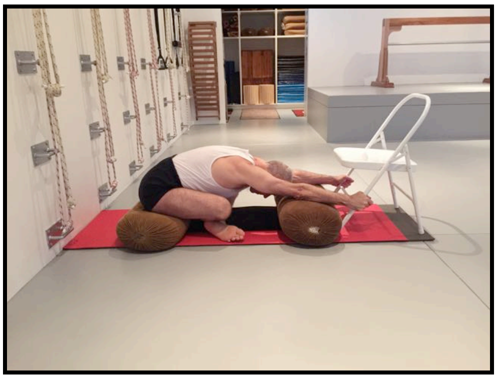
Janu Sirsasana with chair



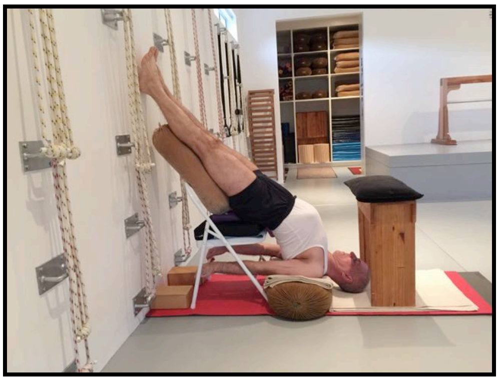
Triang Mukhaikapada
Paschimottanasana with chair



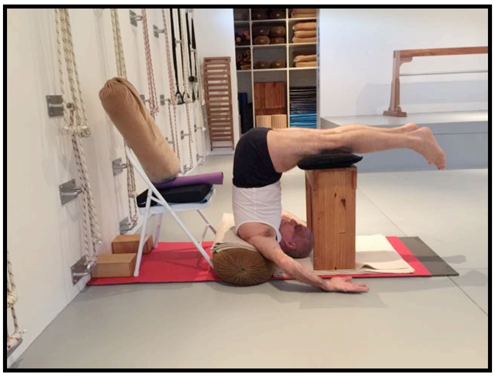
Paschimottanasana
with chair



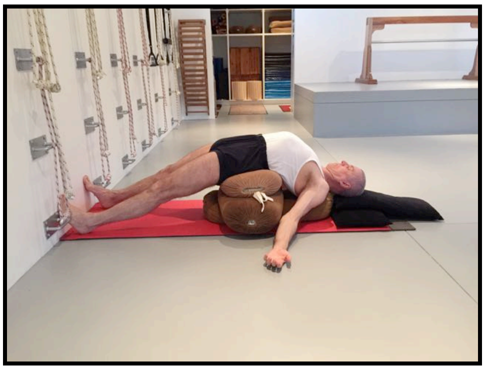
Adho Mukha Swastikasana
with chair



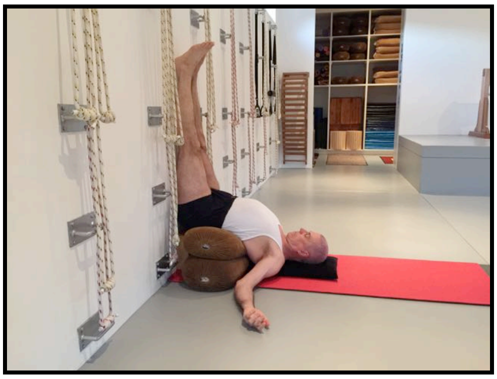
Chair Sarvangasana



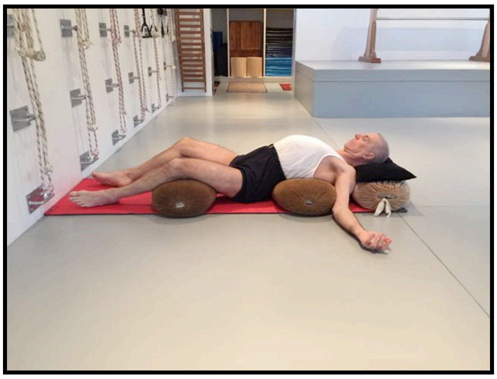
Niralamba Halasana



Setubandha Sarvangasana



Viparita Karani

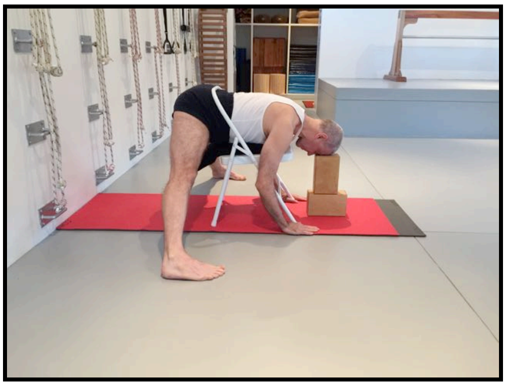


Bolster Savasana

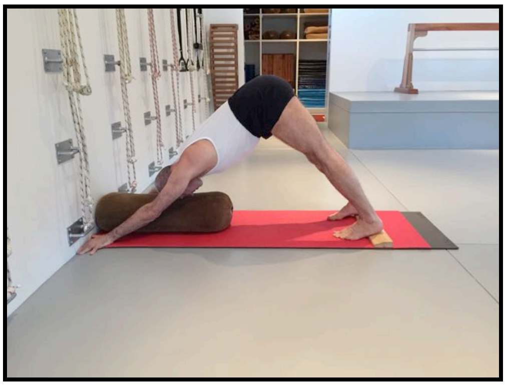
**Yoga Wisdom**

**Success is not final – Failure is not fatal.**
**It's the courage to continue that counts.**

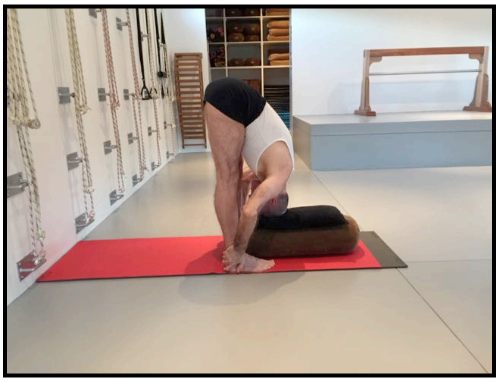
## Sequence 6



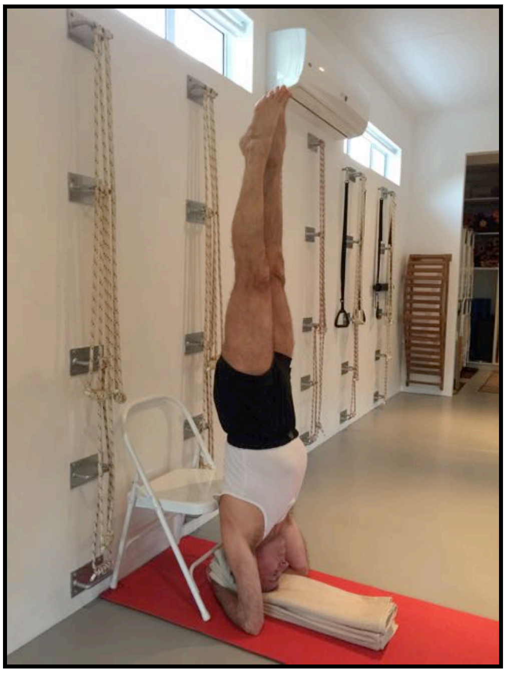
Prasarita Padottanasana I
with chair



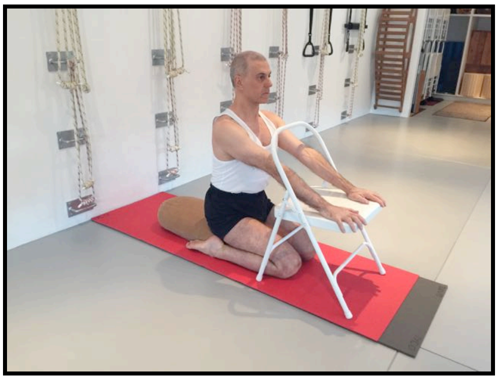
Adho Mukha Svanasana



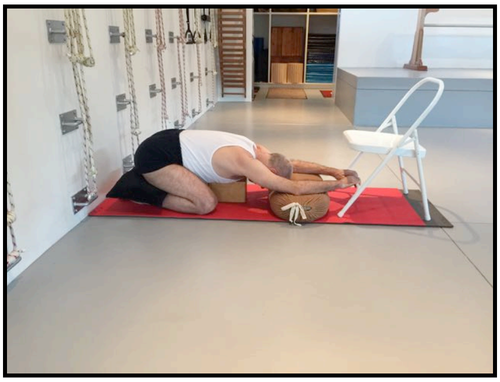
Padagulfasana



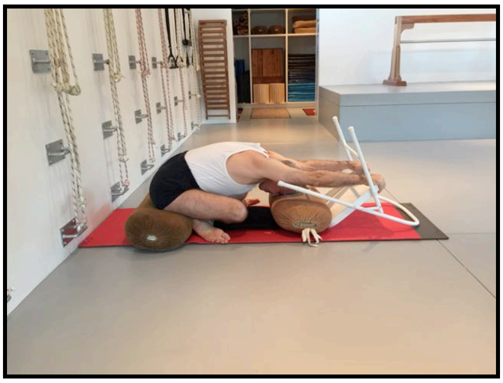
Salamba Sirsasana I with chair



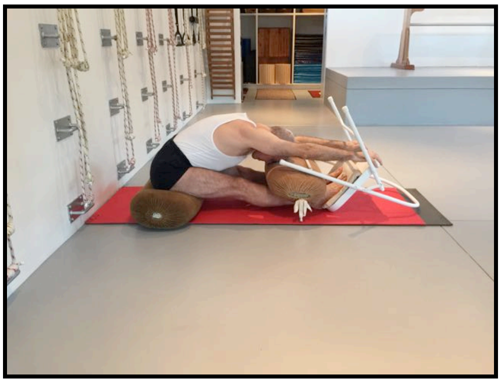
Utthita Virasana with chair



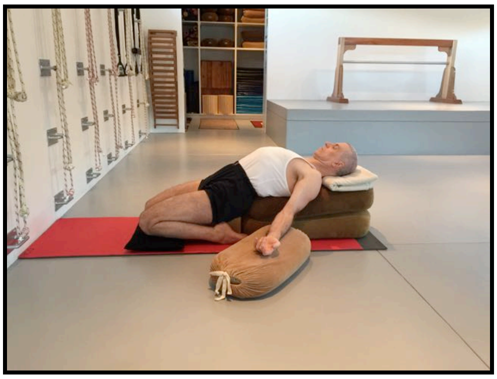
Adho Mukha Virasana with chair



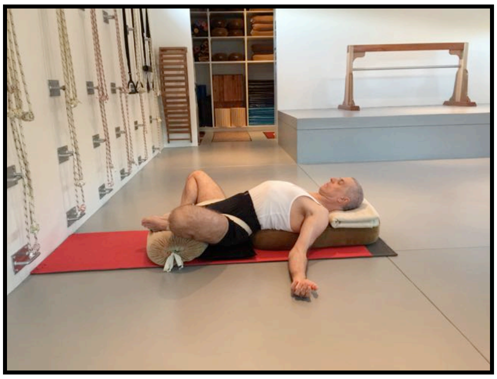
Adho Mukha Swastikasana
with inverted chair



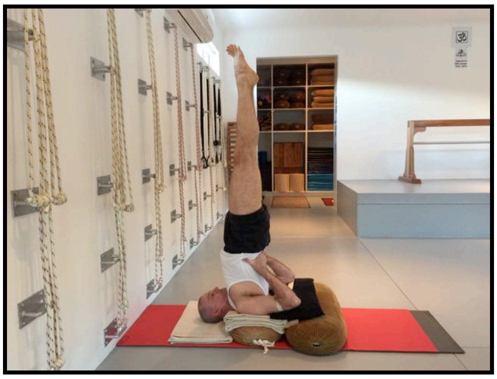
Paschimottanasana
with inverted chair



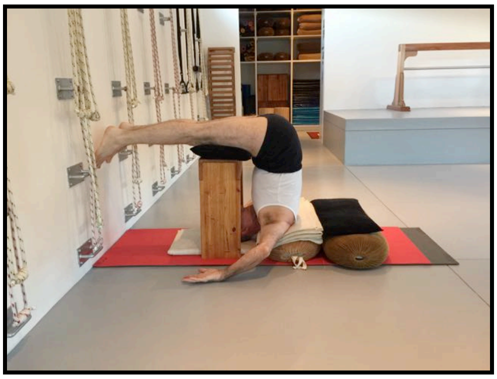
Supta Virasana



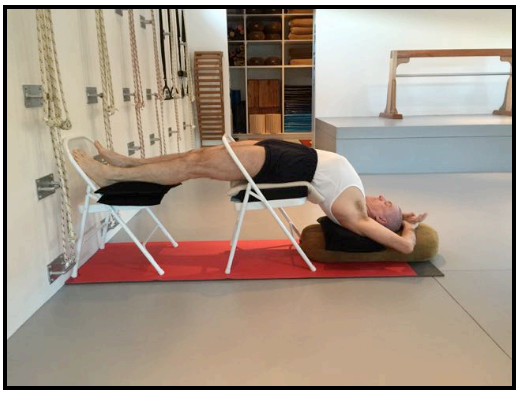
Supta Baddha Konasana



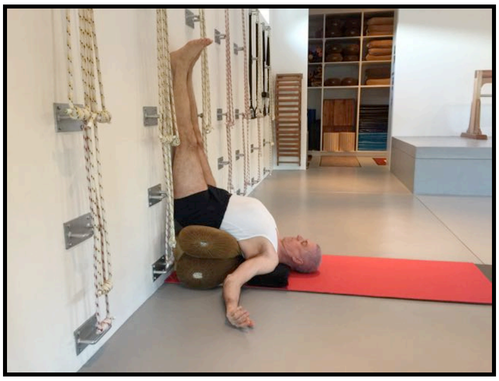
Salamba Sarvangasana I



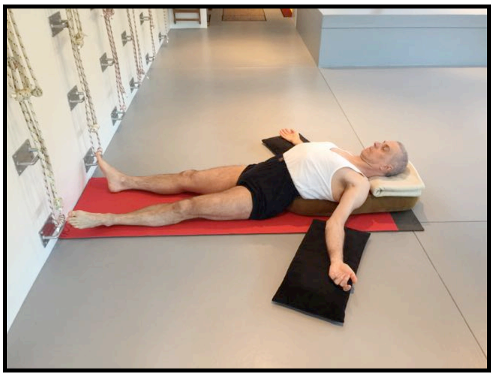
Niralamba Halasana



Chair Setubandha Sarvangasana



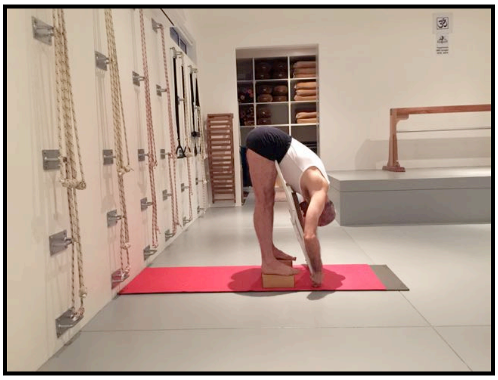
Viparita Karani



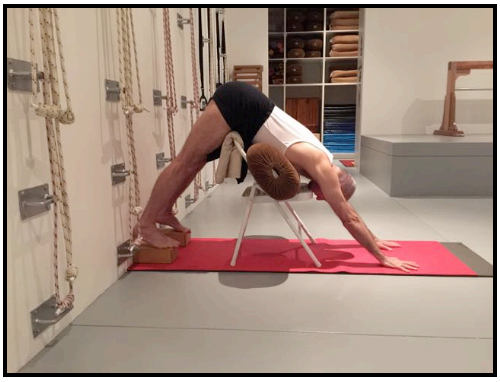
Bolster Savasana

**Yoga Wisdom**
**From contentment results unparalleled happiness**

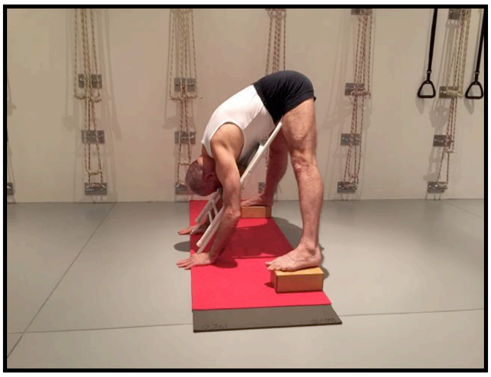
## Sequence 7



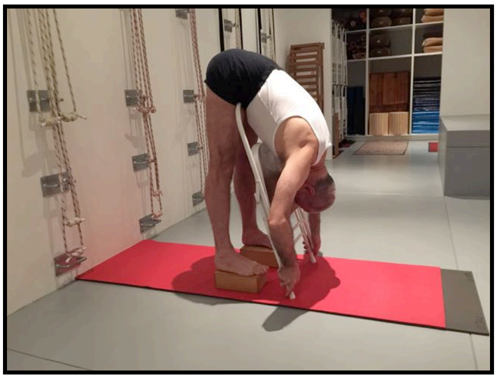
Uttanasana with chair



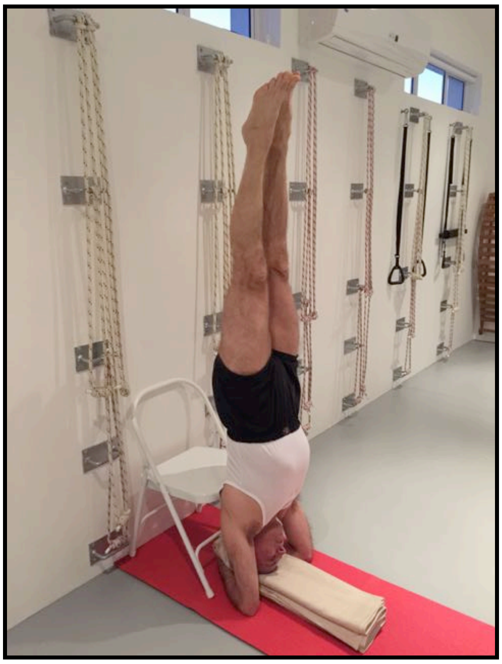
Adho Mukha Svanasana
with chair



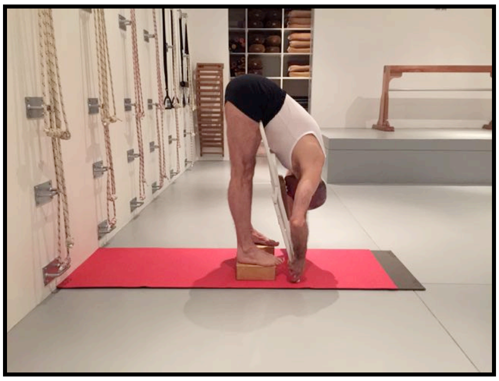
Prasarita Padottanasana I with chair



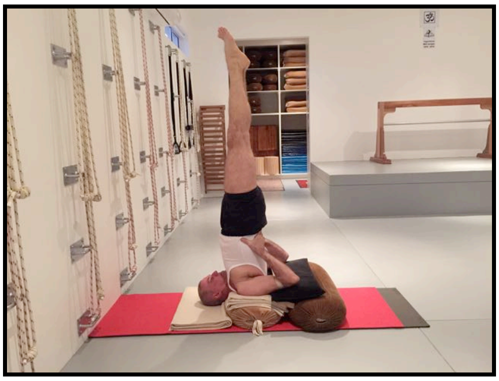
Uttanasana with chair



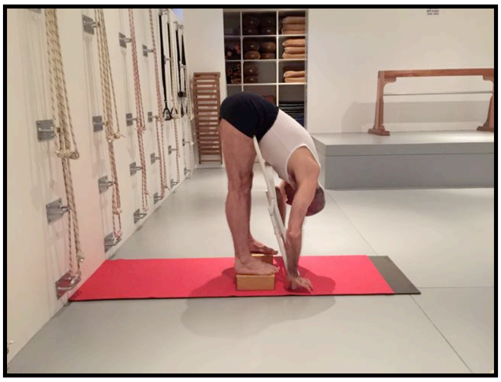
Salamba Sirsasana I with chair



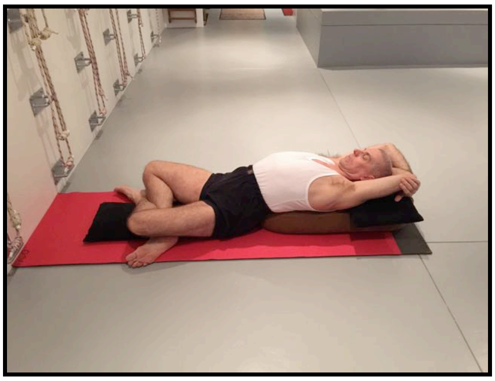
Uttanasana with chair



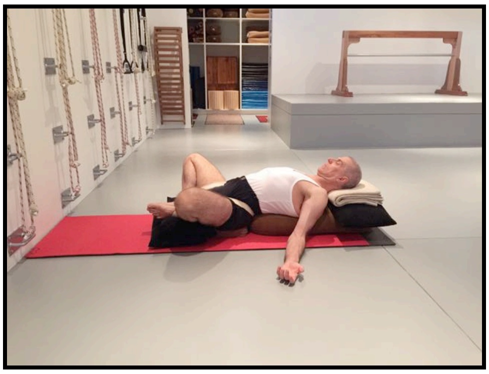
Salamba Sarvangasana I



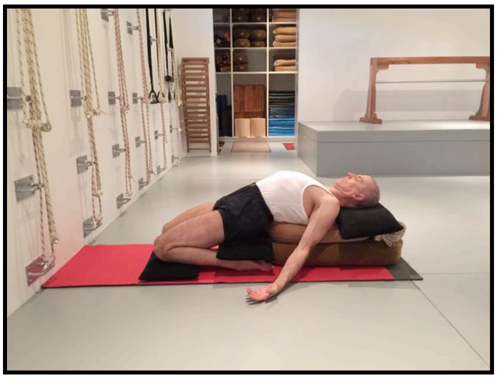
Uttanasana with chair



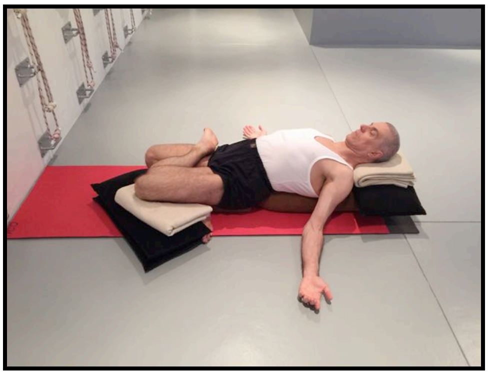
Supta Swastikasana



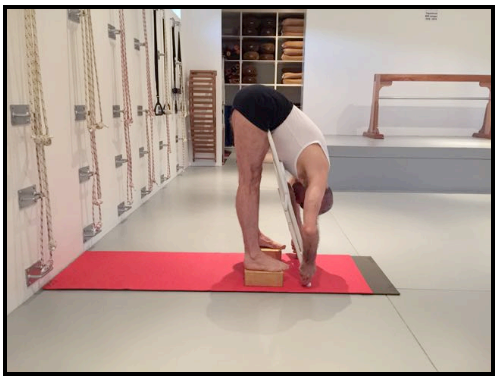
Supta Baddha Konasana



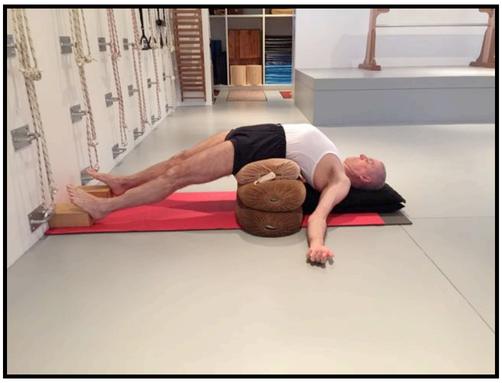
Supta Virasana



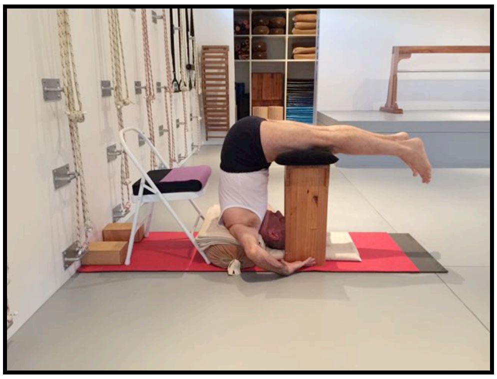
Ardha Matsyasana



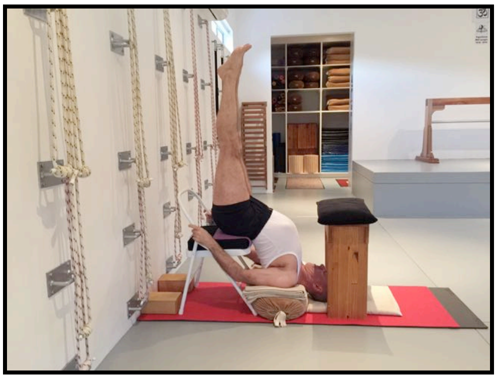
Uttanasana with chair



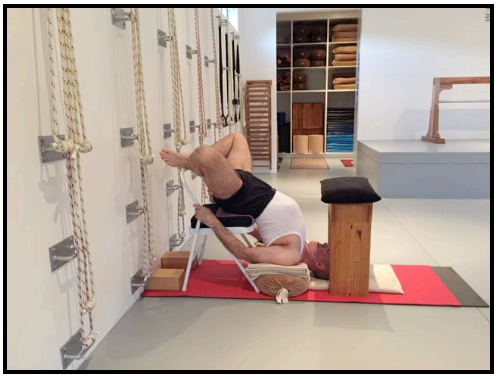
Setubandha Sarvangasana



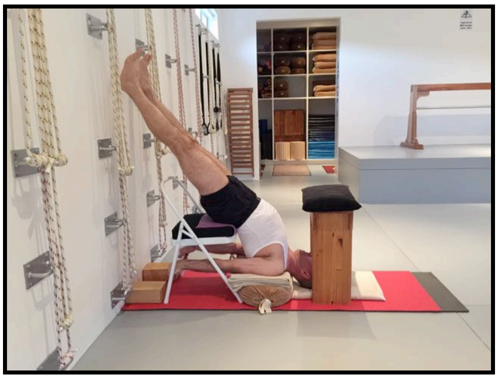
Niralamba Halasana



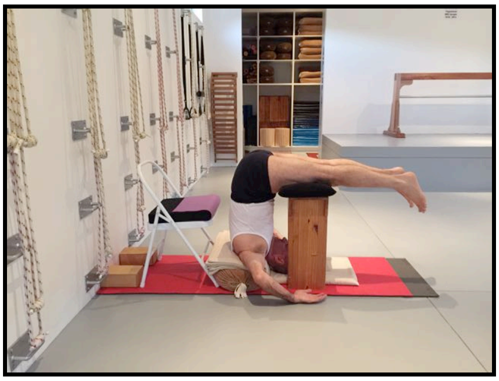
Viparita Karani Sarvangasana



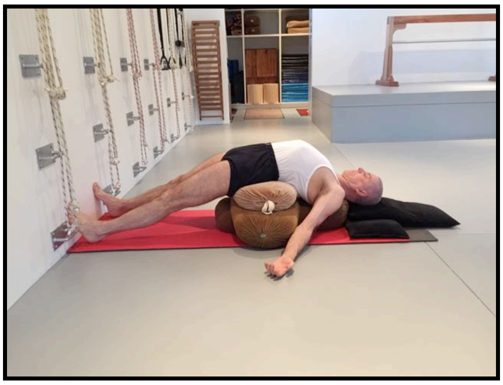
Chair Sarvangasana
Baddha Konasana legs



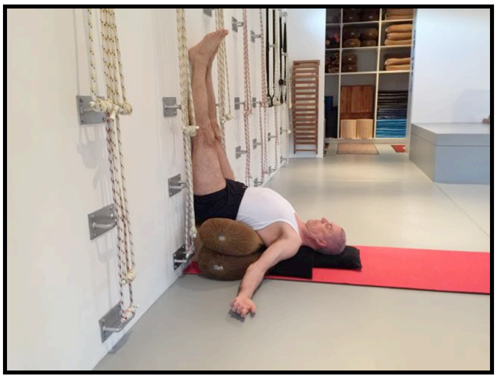
Chair Sarvangasana



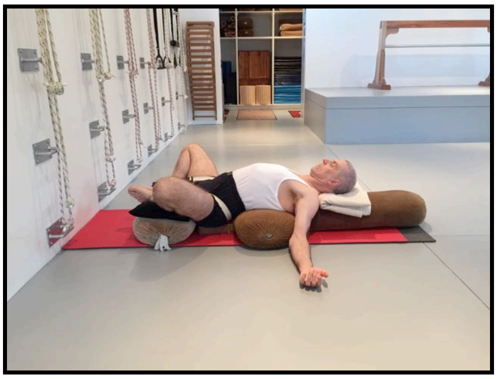
Niralamba Halasana



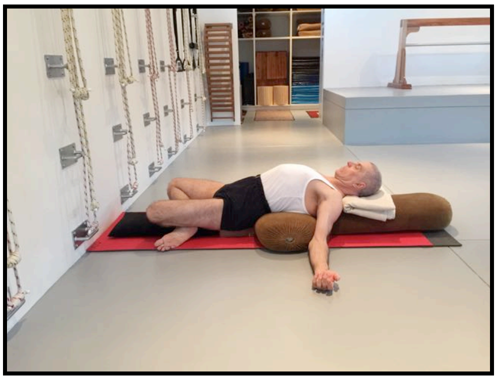
Setubandha Sarvangasana



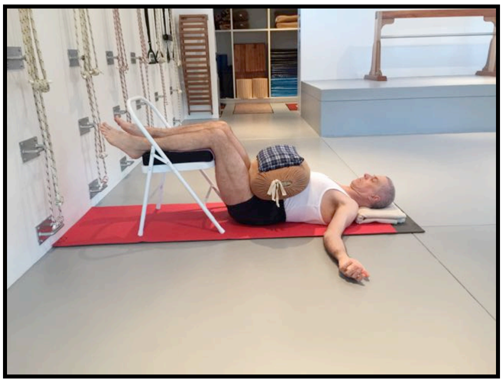
Viparita Karani



Supta Baddha Konasana



Supta Swastikasana



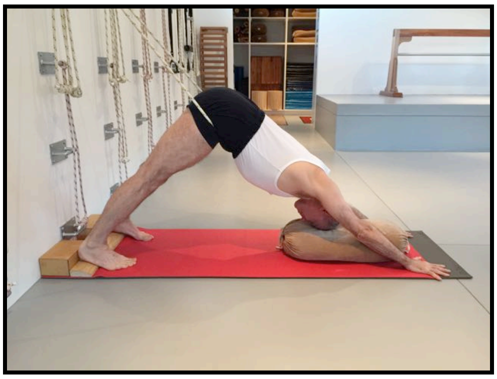
Chair Savasana

**Yoga Wisdom**

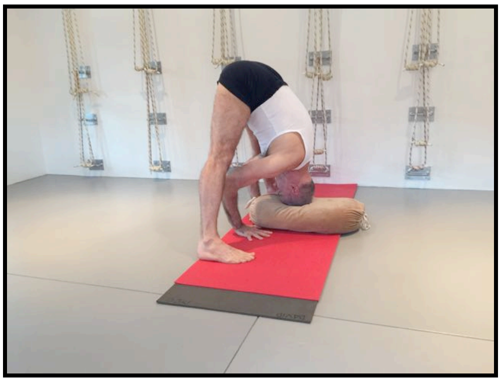
**A deep sense of humility will help you learn yoga. It is important to remember that no one path or school has the monopoly on the truth. There are excellent and poor practitioners in all schools of yoga. Gaining maturity in yoga practice involves learning to respect the paths that other people are on and acknowledging their merits, maybe even acknowledge that your path is lacking in some area, where others excel.**

**Geeta S. Iyengar**

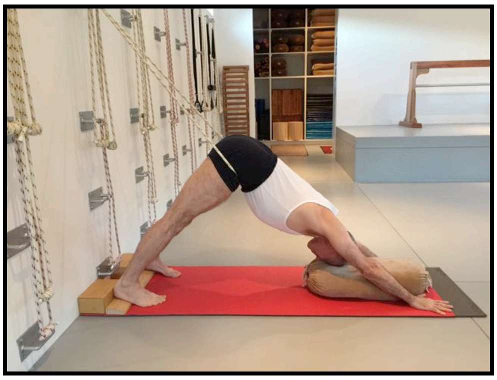
## Sequence 8



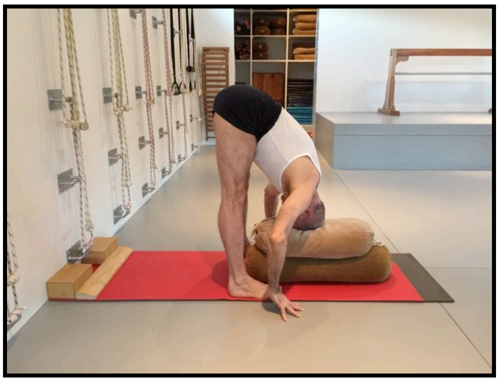
Rope Adho Mukha Svanasana



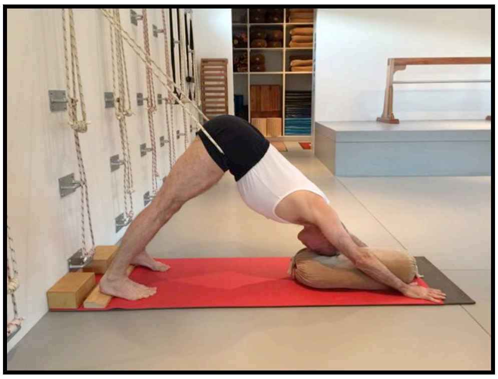
Prasarita Padottanasana I



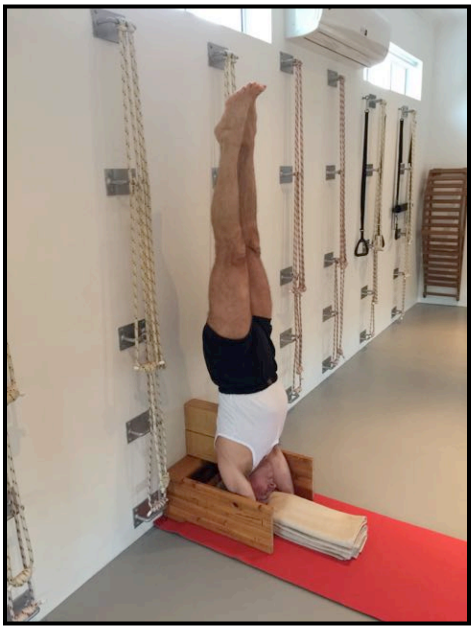
Rope Adho Mukha Svanasana



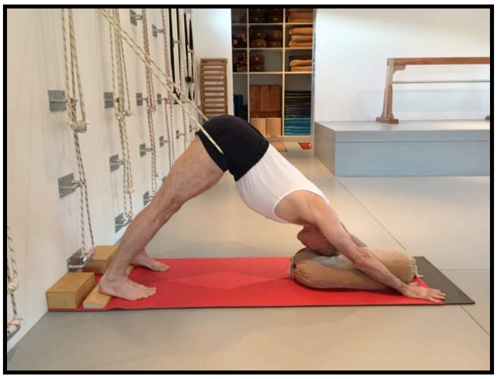
Uttanasana



Rope Adho Mukha Svanasana



Salamba Sirsasana I



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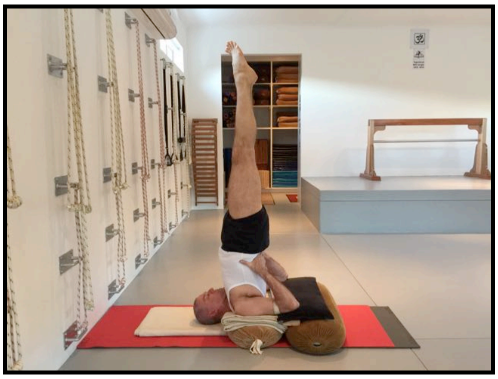
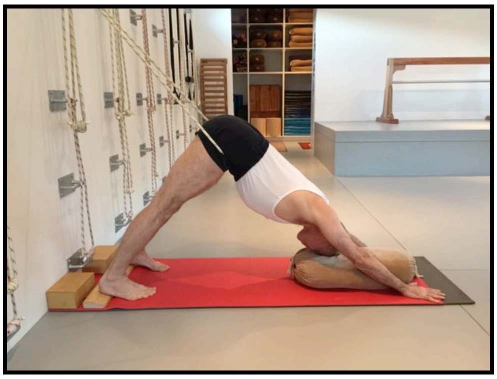


Salamba Sarvangasana I



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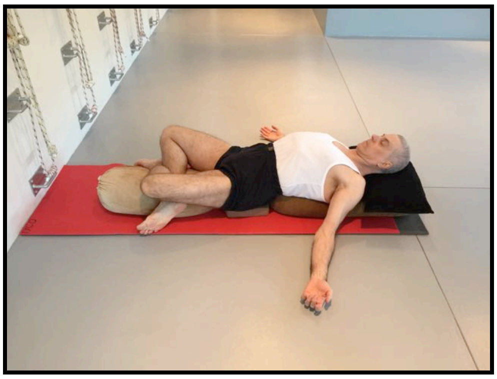
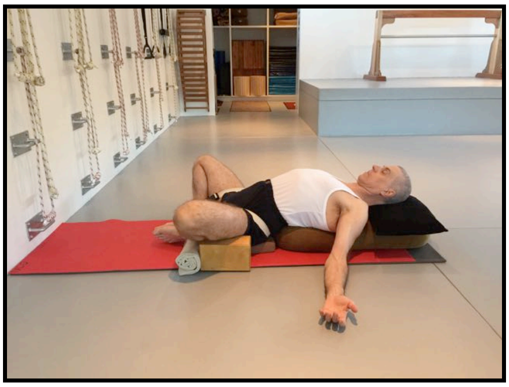
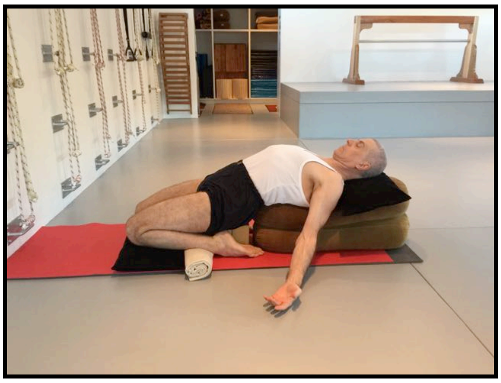


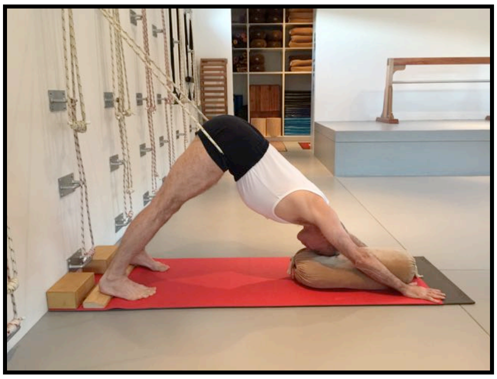
Supta Swastikasana



Supta Baddha Konasana



Supta Virasana



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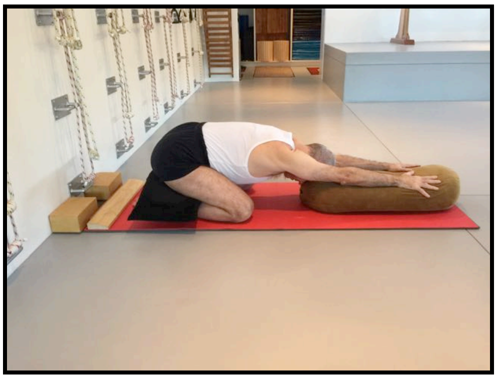
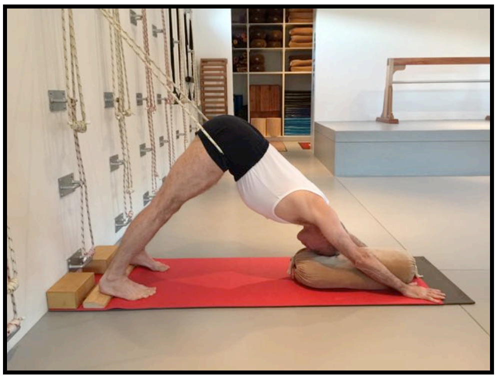


Adho Mukha Virasana



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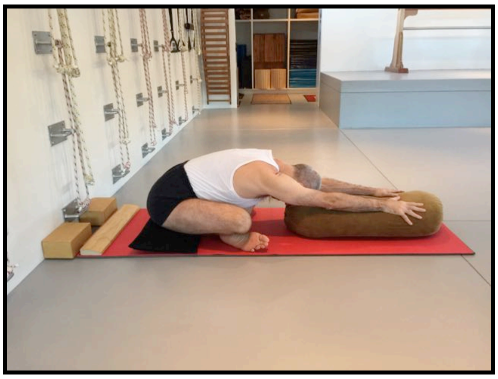
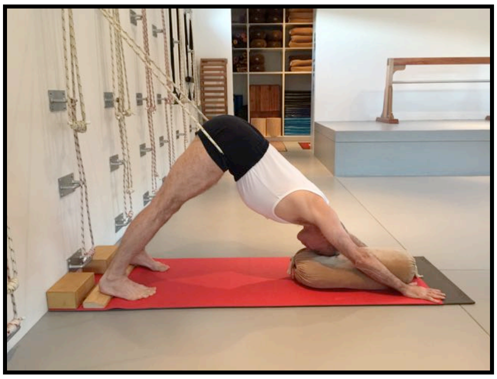
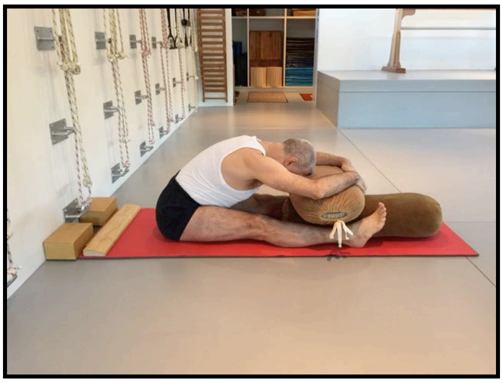


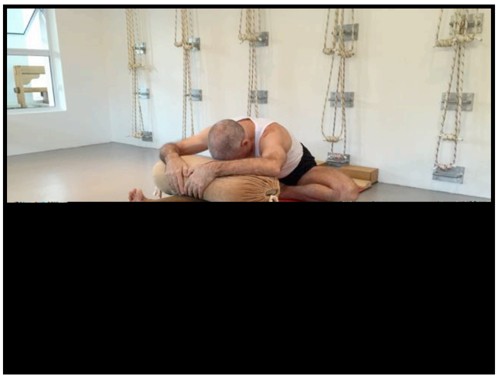
Adho Mukha Swastikasana



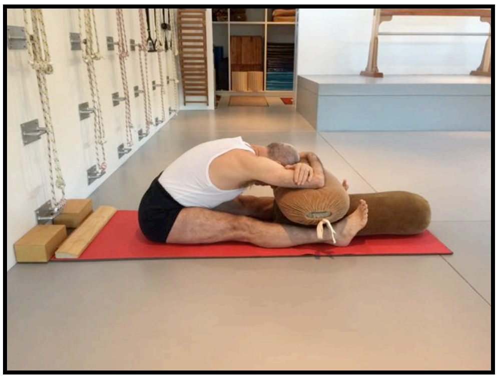
Rope Adho Mukha Svanasana



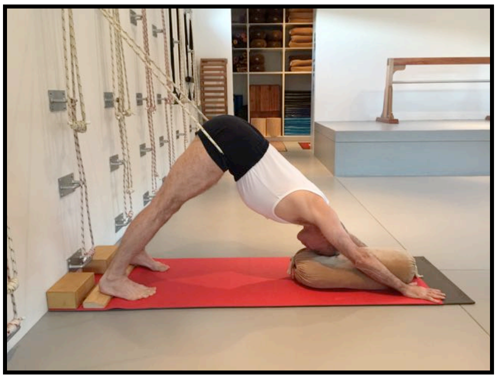
Paschimottanasana



Janu Sirsasana



Paschimottanasana



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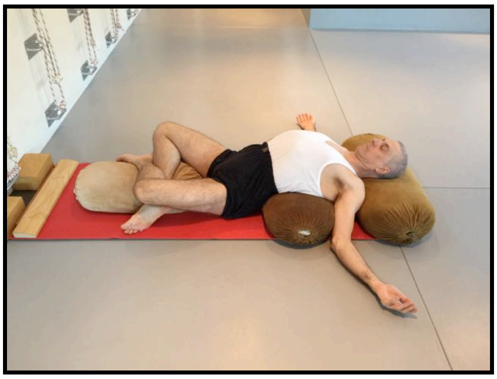
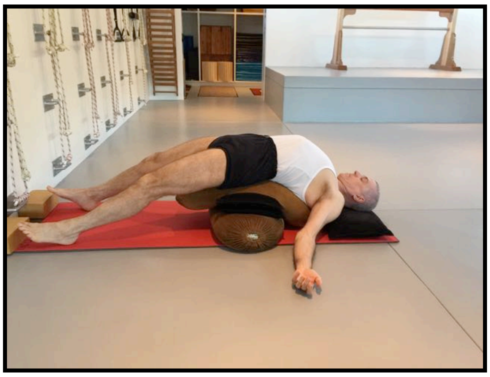
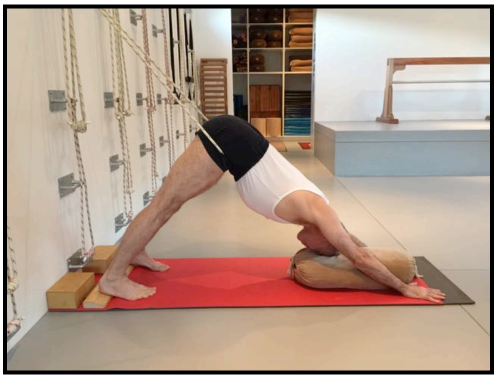


Supta Swastikasana



Setubandha Sarvangasana



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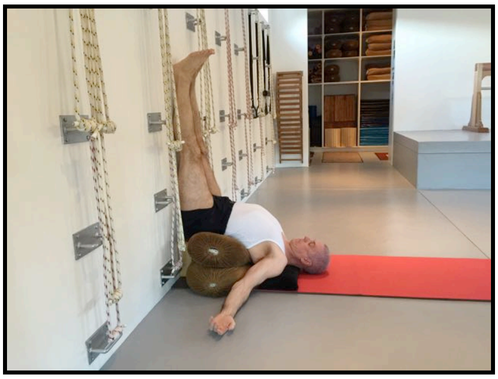
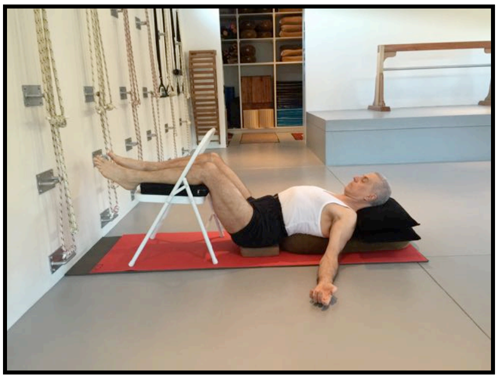


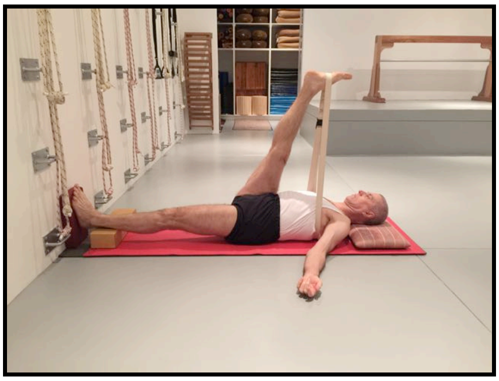
Viparita Karani



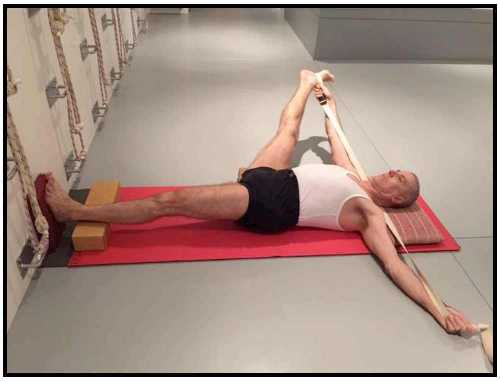
Chair Savasana

## Yoga Wisdom
## What is Yoga – Space in the body.

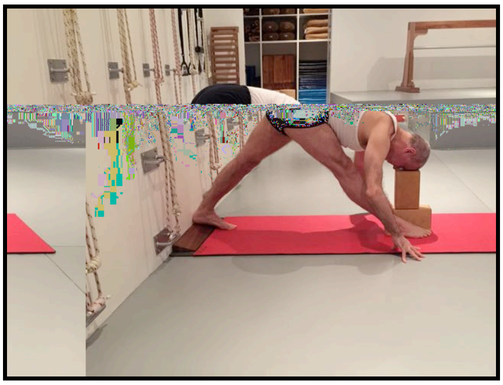
### Sequence 9



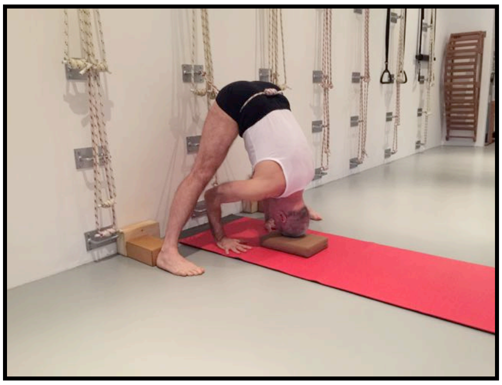
Supta Padangusthasana I



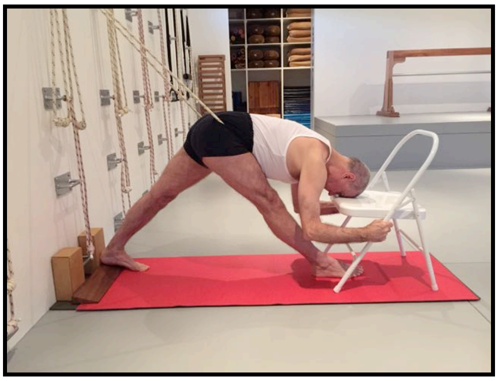
Supta Padangusthasana II



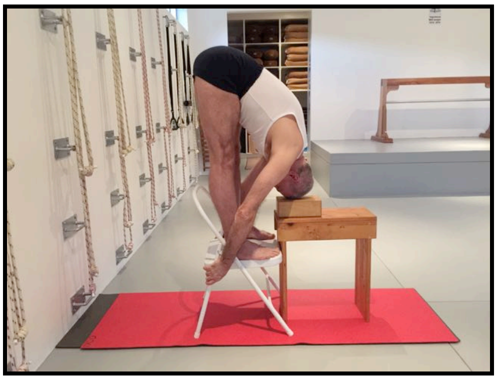
Parsvottanasana



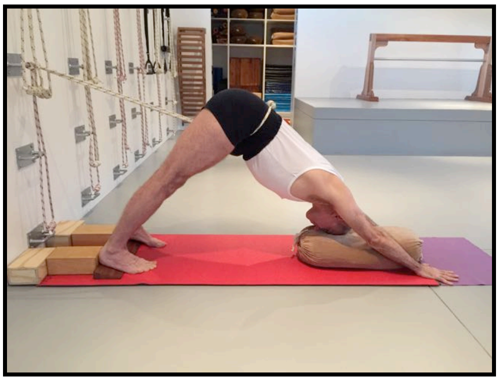
Rope Prasarita Padottanasana I



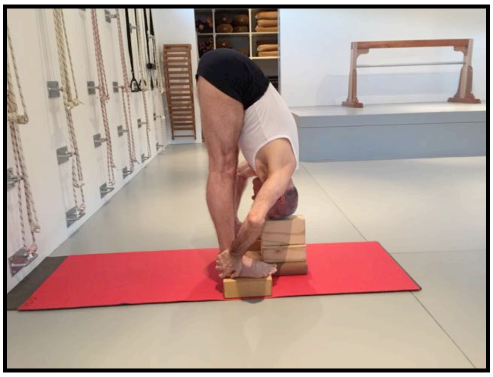
Parsvottanasana with chair



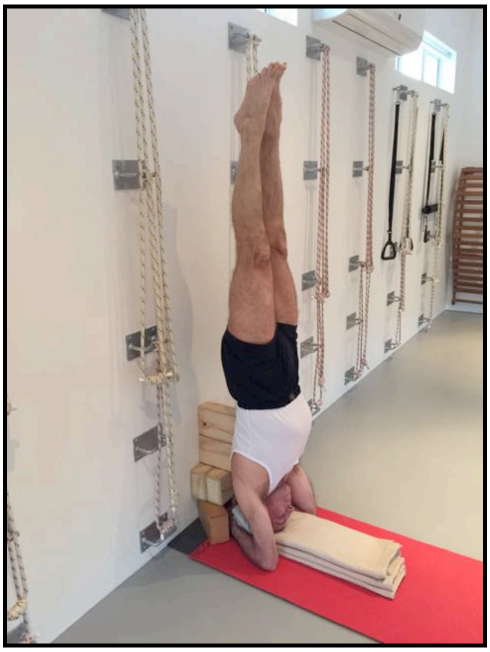
Uttanasana with chair and bench



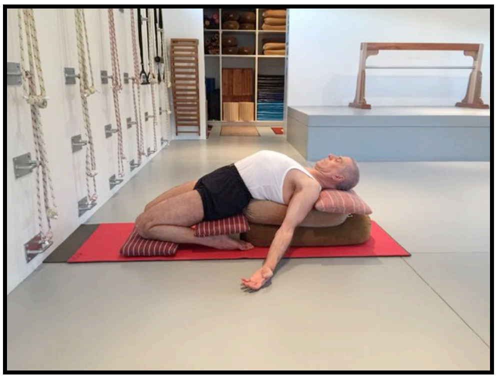
Rope Adho Mukha Svanasana



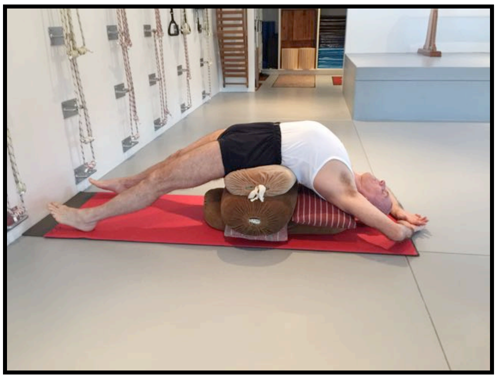
Padagulfasana



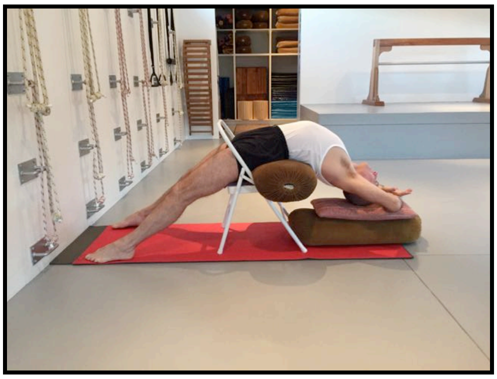
Salamba Sirsasana I



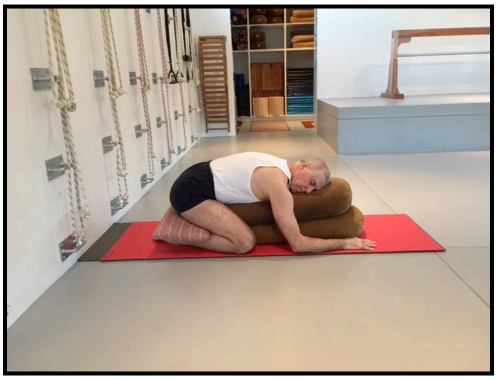
Supta Virasana



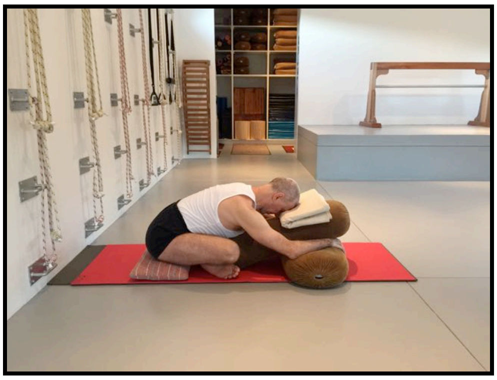
Setubandha Sarvangasana



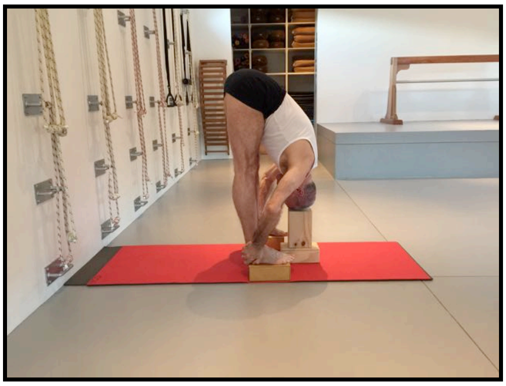
Chair Dwi Pada Viparita Dandasana



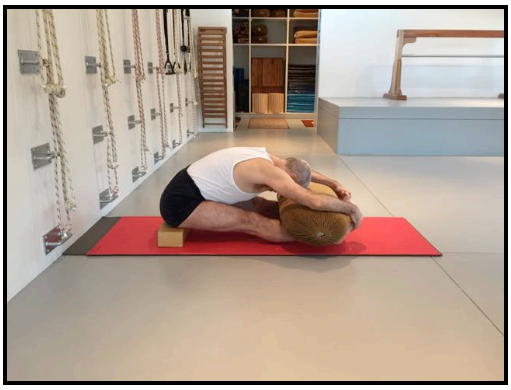
Adho Mukha Virasana



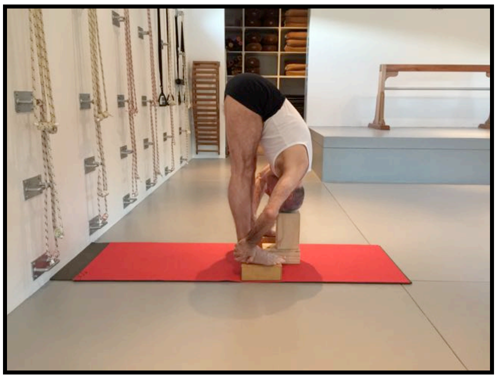
Adho Mukha Swastikasana



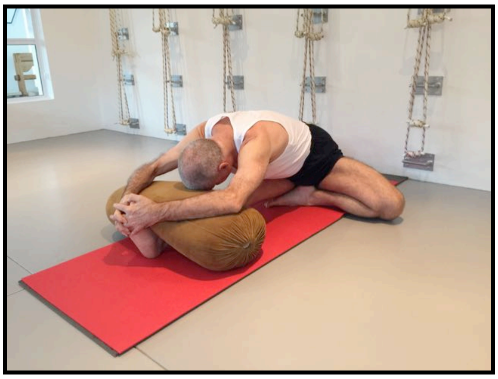
Padagulfasana



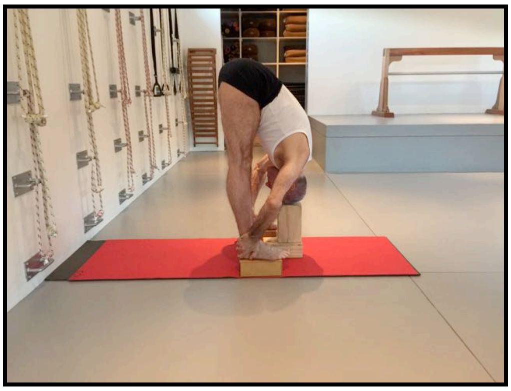
Paschimottanasana



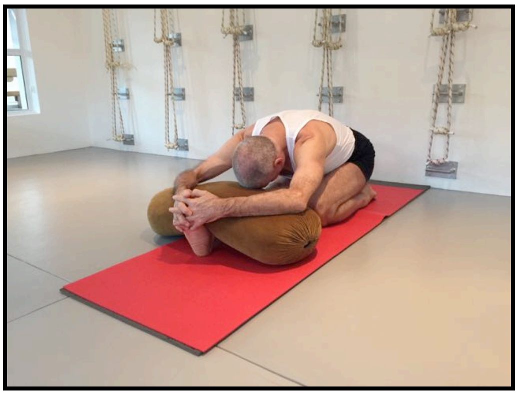
Padagulfasana



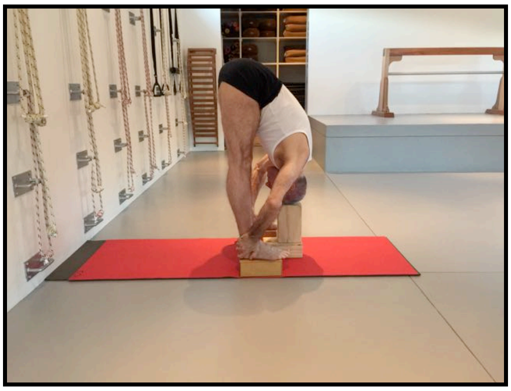
Janu Sirsasana



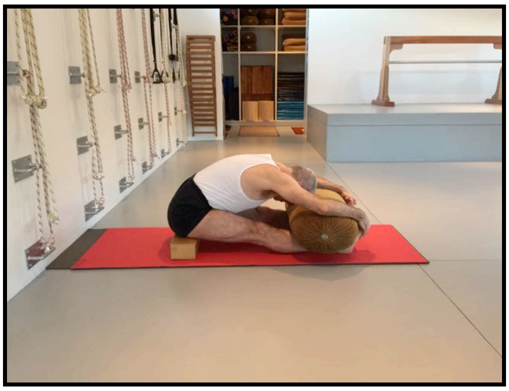
Padagulfasana



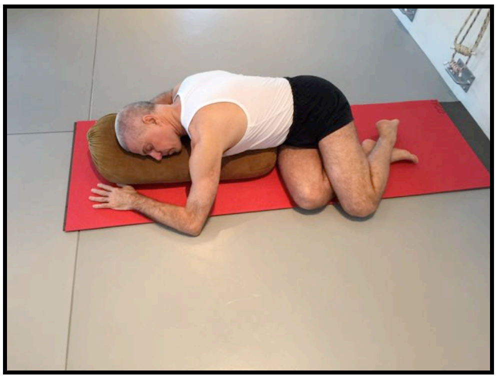
Triang Mukhaikapada Paschimottanasana



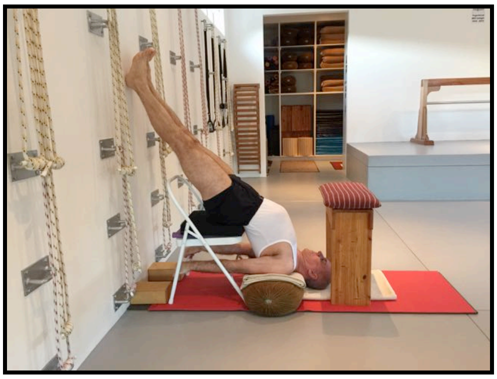
Padagulfasana



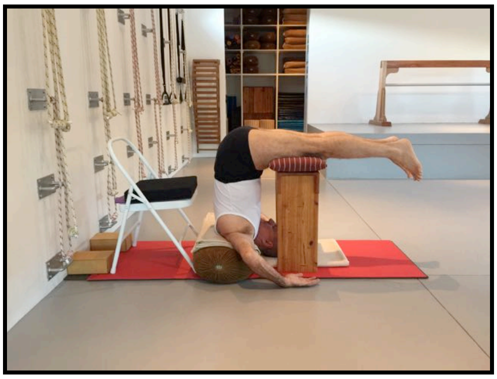
Paschimottanasana



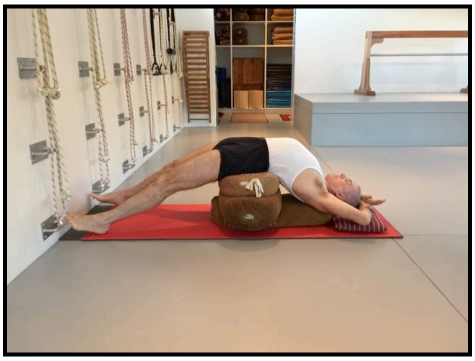
Parivrtta Pavanmuktasana



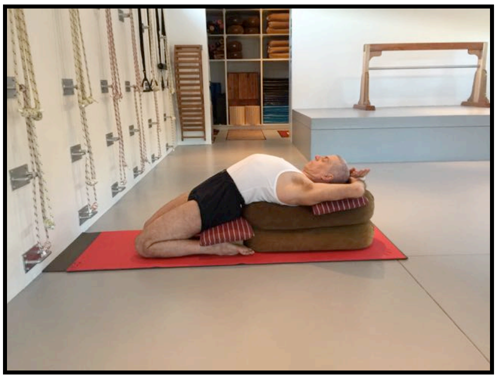
Chair Sarvangasana



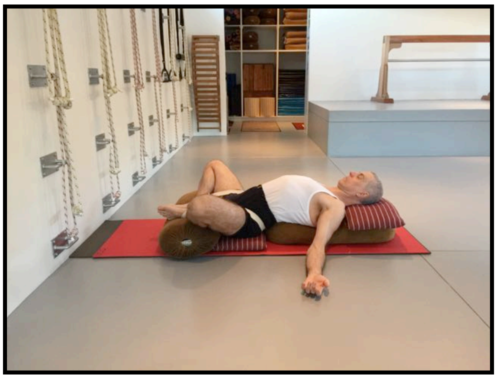
Niralamba Halasana



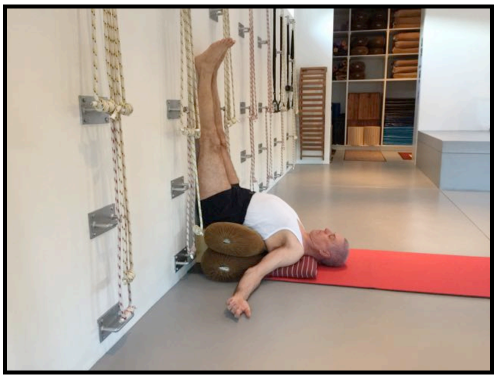
Setubandha Sarvangasana



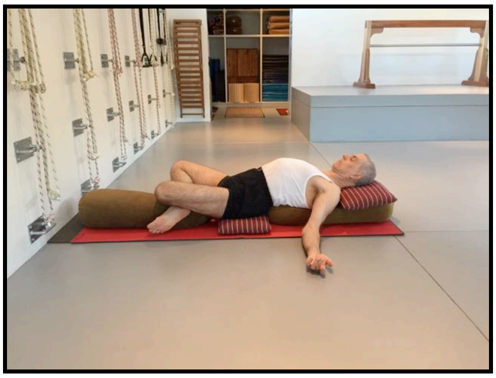
Supta Virasana



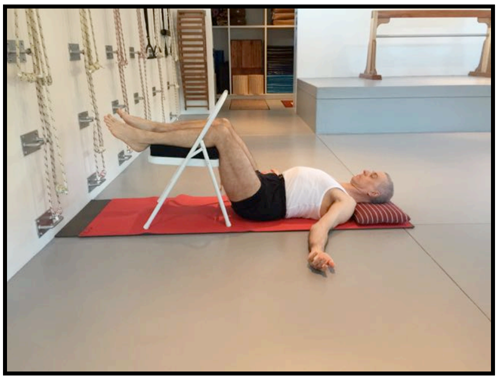
Supta Baddha Konasana



Viparita Karani



Supta Swastikasana

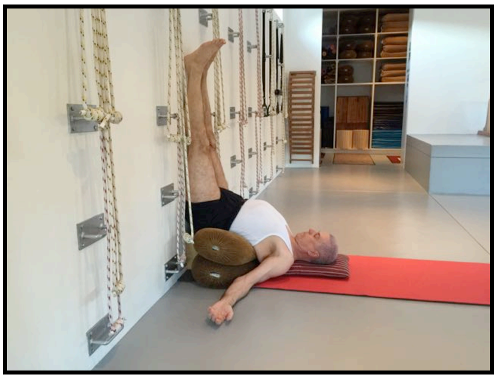


Chair Savasana

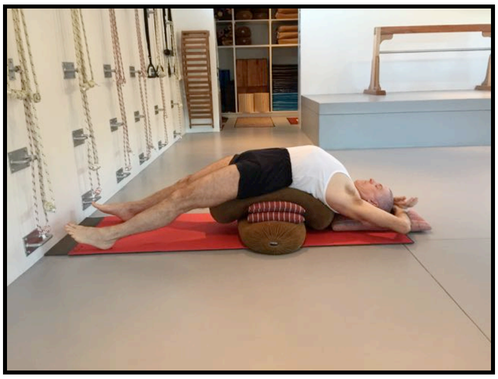
**Yoga Wisdom**

**Props help students of yoga in monitoring and directing the right way to do the asana**

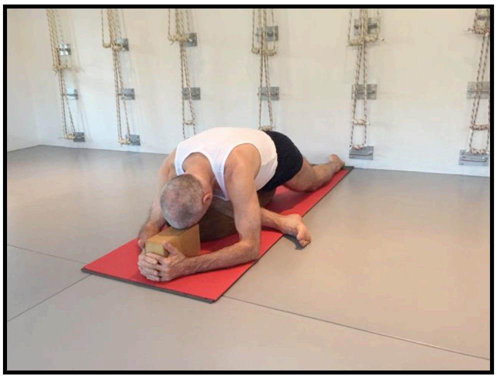
Sequence 10



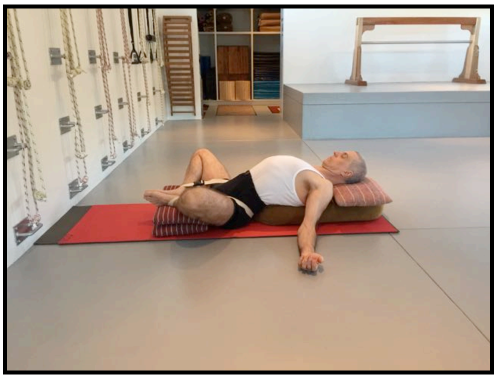
Viparita Karani



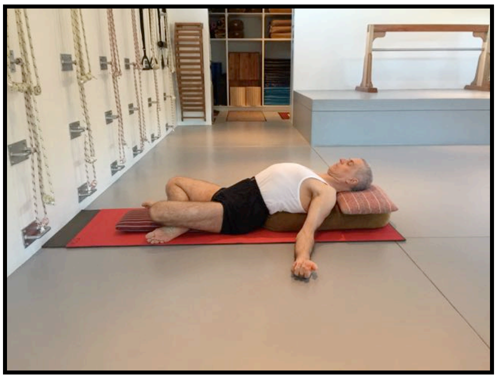
Setubandha Sarvangasana



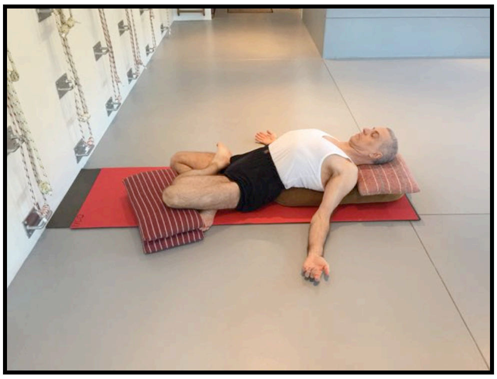
Eka Pada Rajakapotasana forward



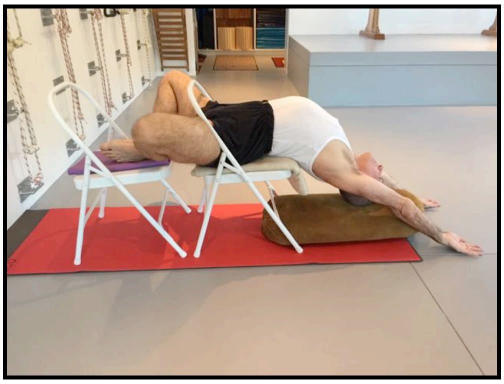
Supta Baddha Konasana



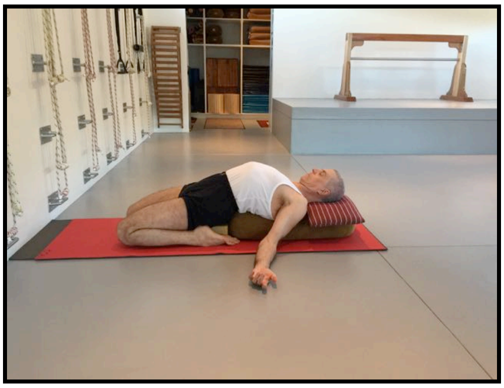
Supta Swastikasana



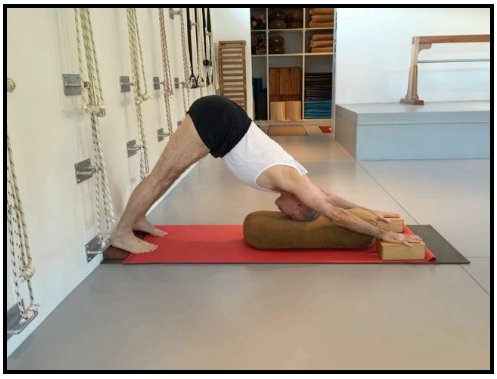
Ardha Matsyasana



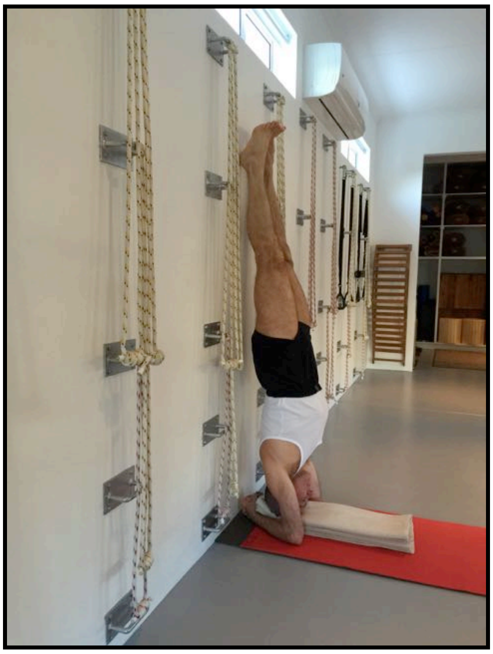
Chair Dwi Pada Viparita
Baddha Konasana legs



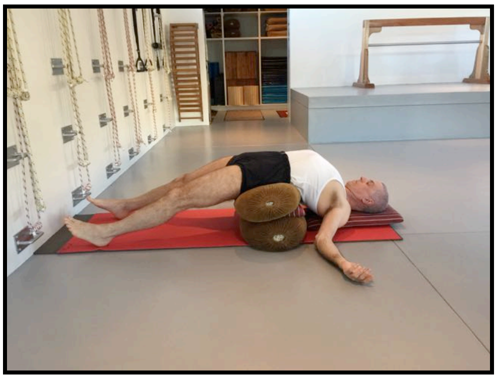
Supta Virasana



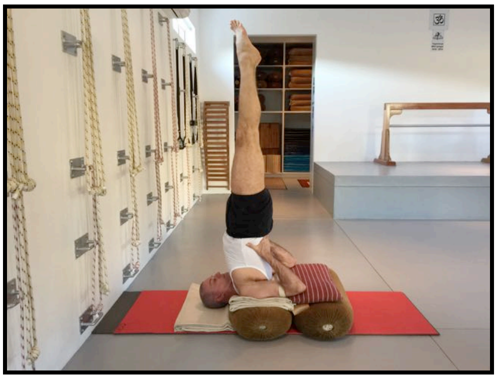
Rope Adho Mukha Svanasana



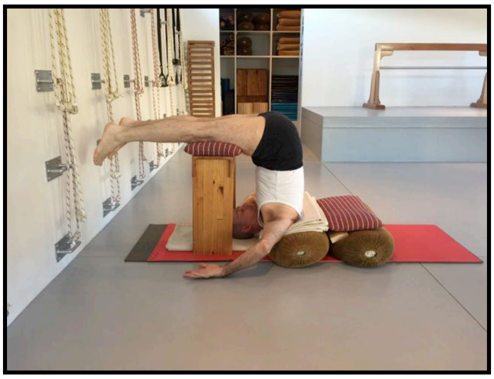
Salamba Sirsasana I



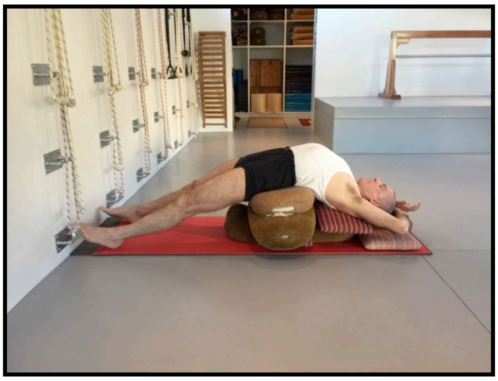
Setubandha Sarvangasana



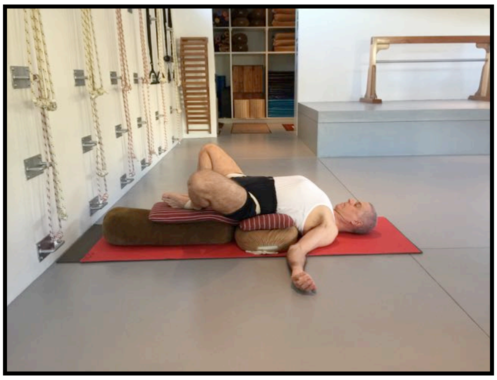
Salamba Sarvangasana I



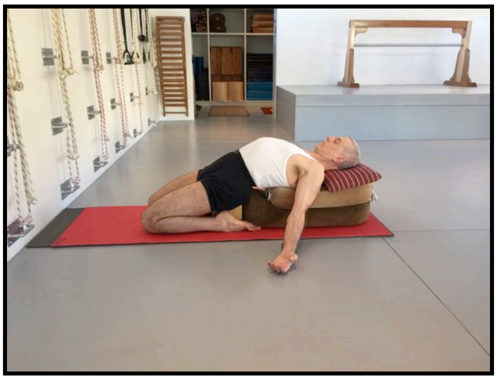
Niralamba Halasana



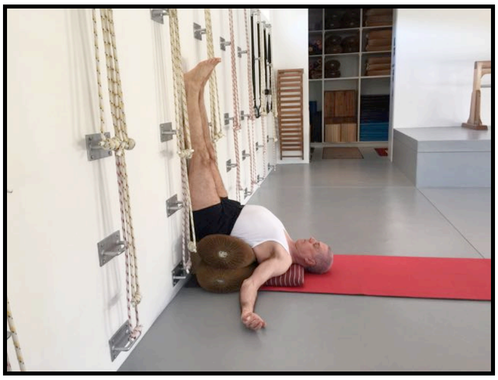
Setubandha Sarvangasana



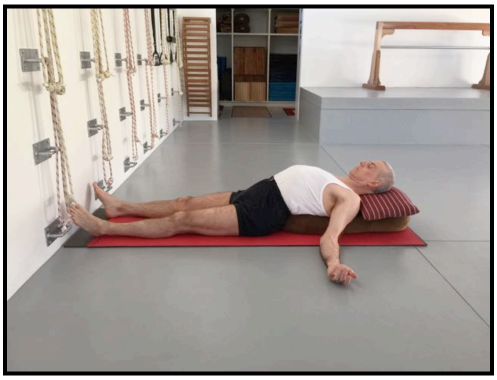
Baddha Konasana Setubandha Sarvangasana

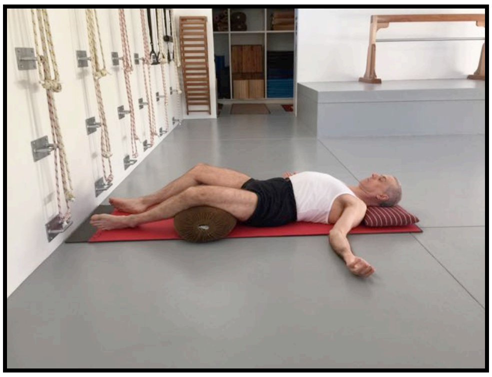


Supta Virasana



Viparita Karani



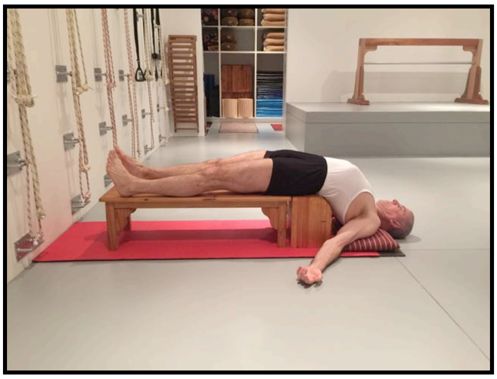


Bolster Savasana

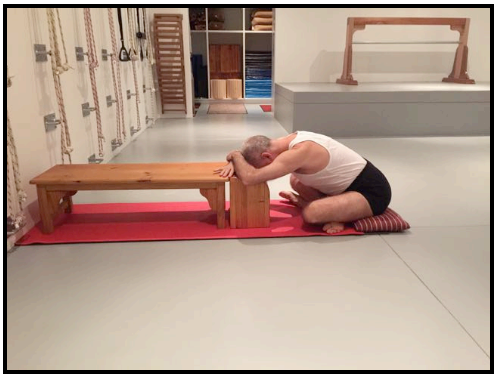
**Yoga Wisdom**

**In every posture, the body, the mind, action and motion as well as each breath of the physical, physiological, mental and intellectual sheathes have to be evenly balanced.**

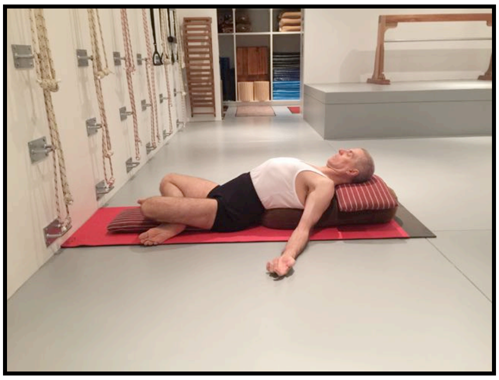
## Sequence 11



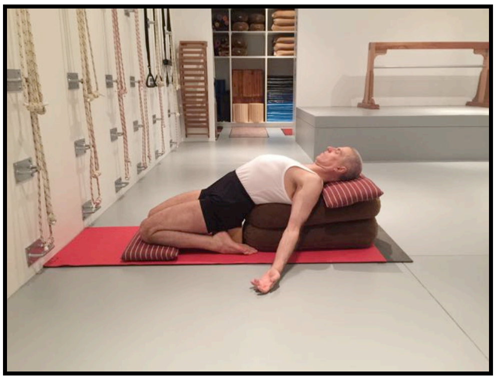
Setubandha Sarvangasana



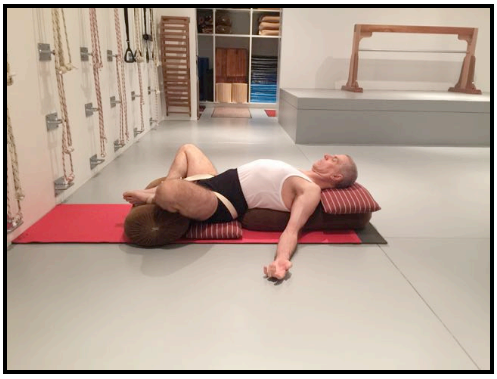
Adho Mukha Swastikasana



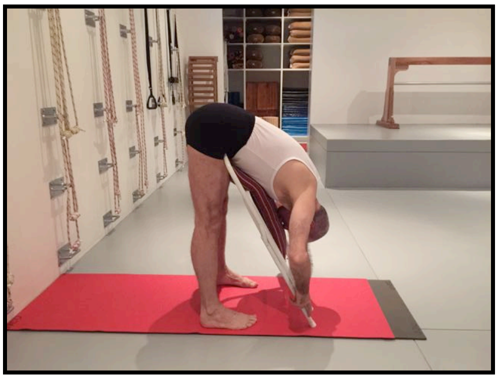
Supta Swastikasana



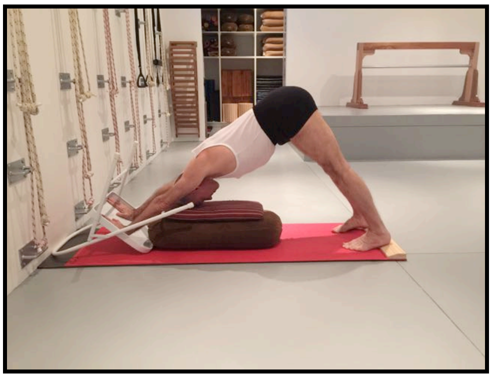
Supta Virasana



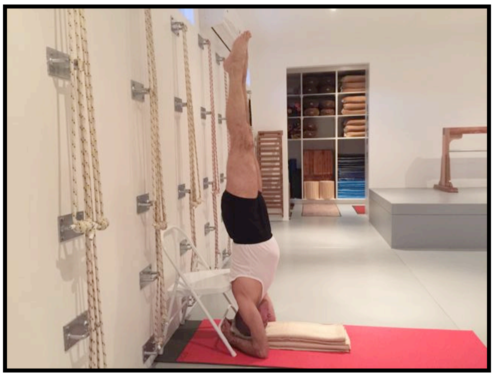
Supta Baddha Konasana



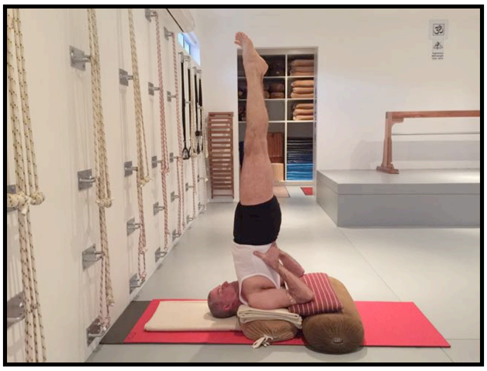
Uttanasana with chair



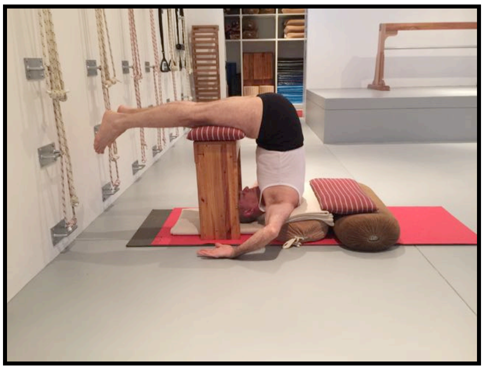
Adho Mukha Svanasana
with inverted chair



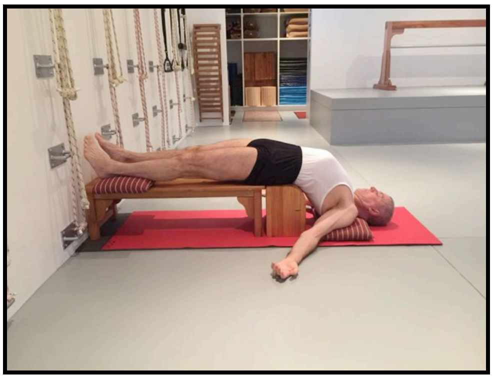
Chair Salamba Sirsasana I



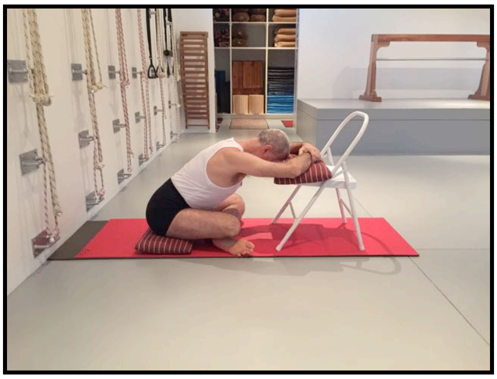
Salamba Sarvangasana I



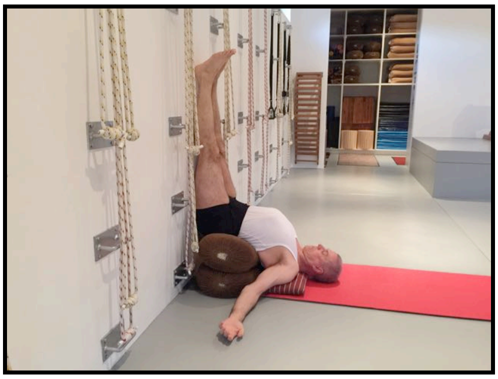
Niralamba Halasana



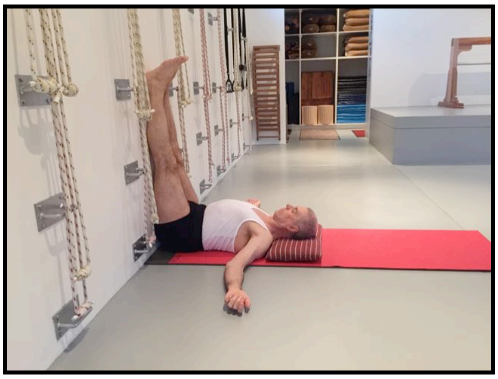
Setubandha Sarvangasana



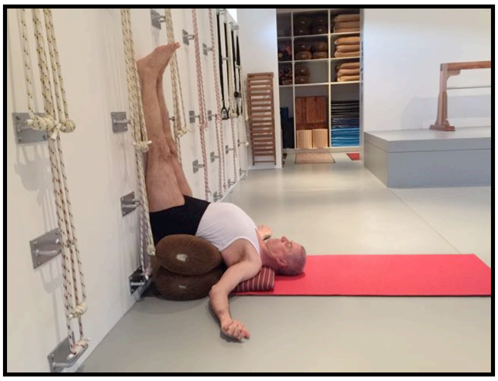
Adho Mukha Swastikasana
with chair



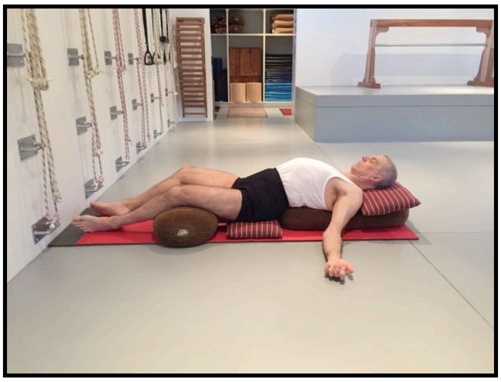
Viparita Karani



Urdhva Prasarita Padasana



Viparita Karani

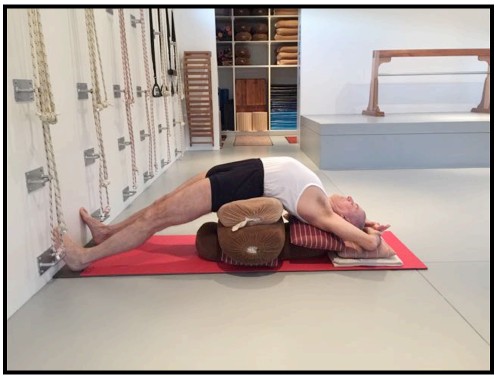


Bolster Savasana

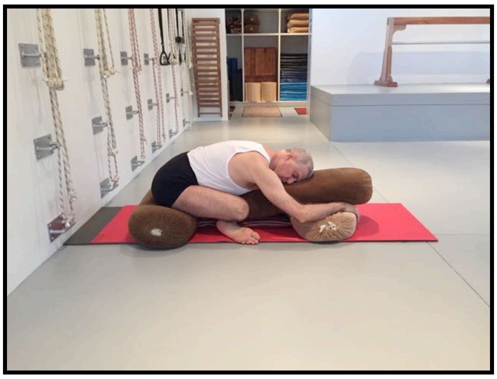
**Yoga Wisdom**

**Allow the props to become your teacher, so that you are taught how to use the physical body correctly. Props will allow you to master the asana better.**

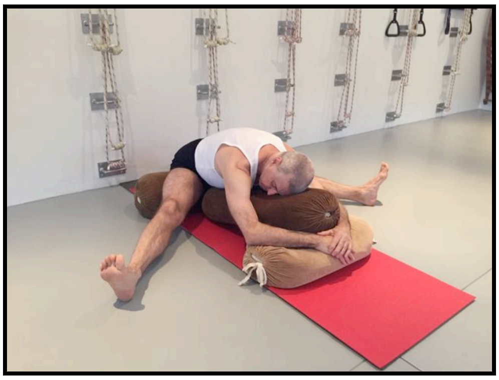
## Sequence 12



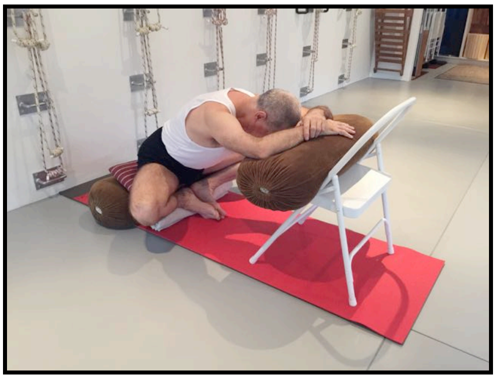
Setubandha Sarvangasana



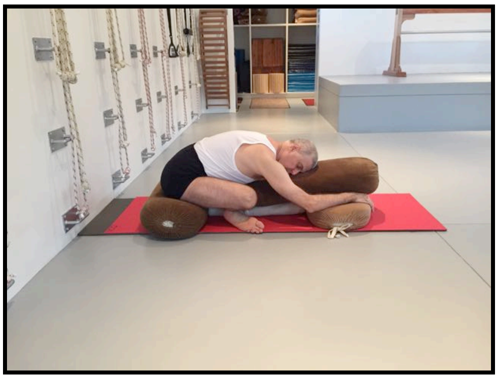
Adho Mukha Virasana



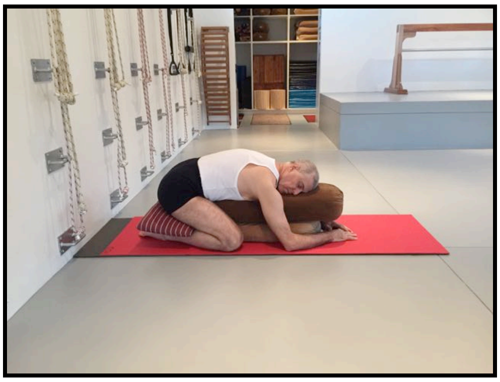
Adho Mukha Upavistha Konasana



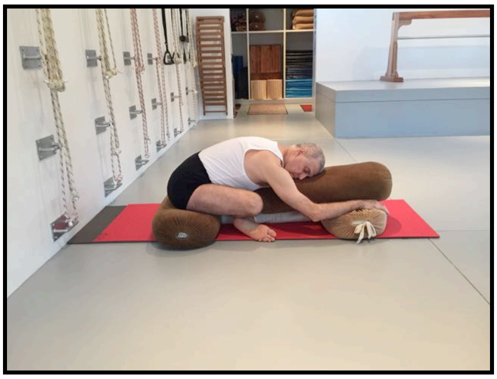
Adho Mukha Baddha Konasana with chair



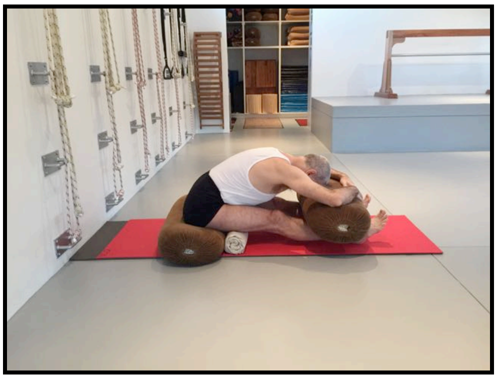
Adho Mukha Swastikasana



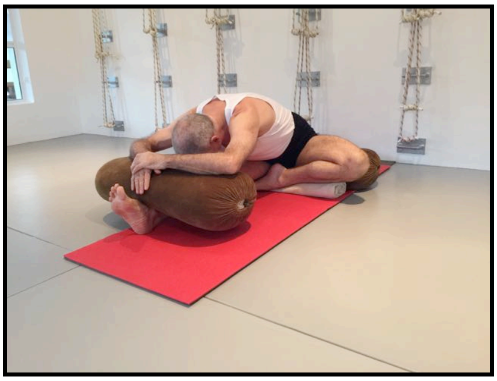
Adho Mukha Virasana



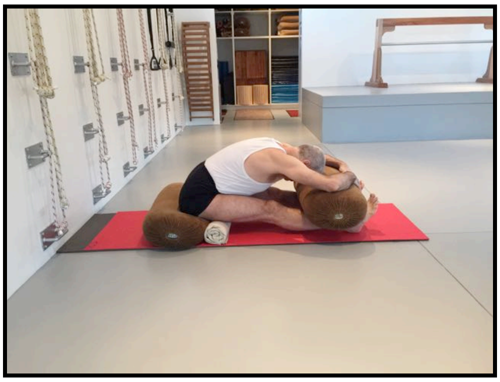
Adho Mukha Swastikasana



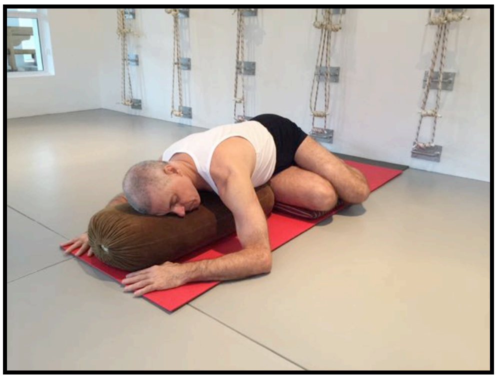
Paschimottanasana



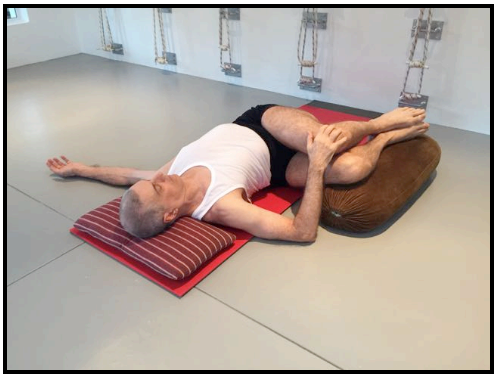
Janu Sirsasana



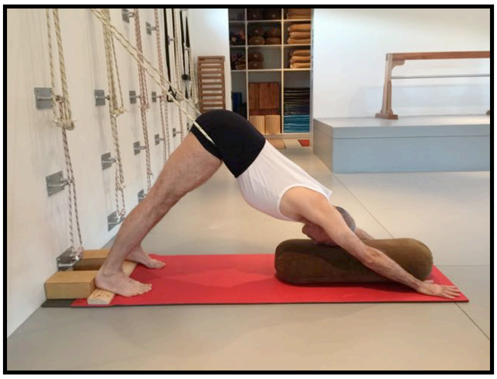
Paschimottanasana



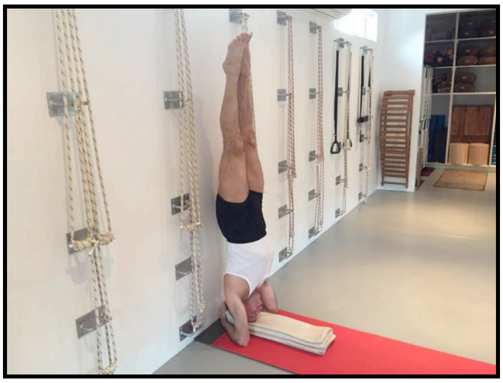
Parivrtta Pavanmuktasana



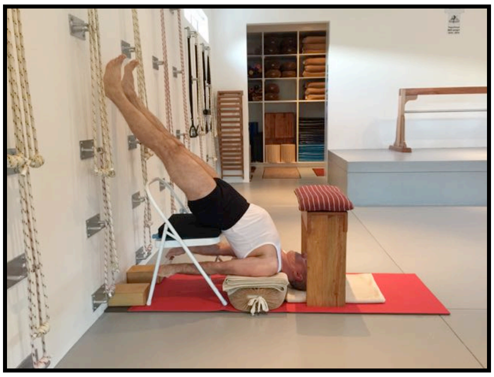
Jathara Parivartanasana
knees bent



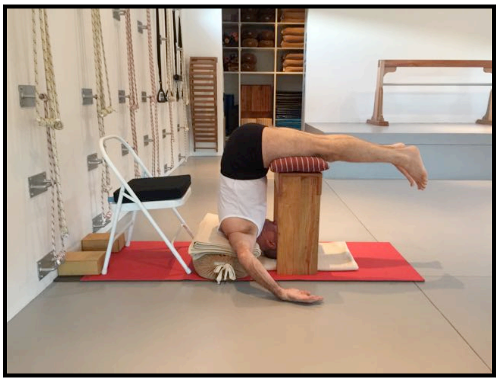
Rope Adho Mukha Svanasana



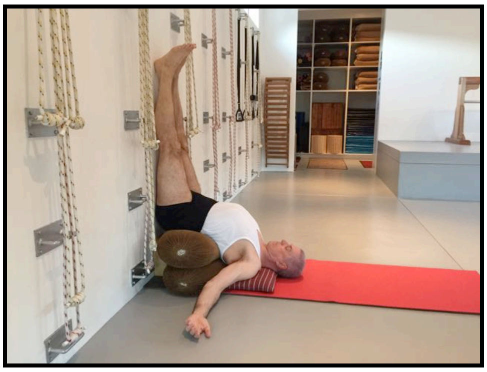
Salamba Sirsasana I



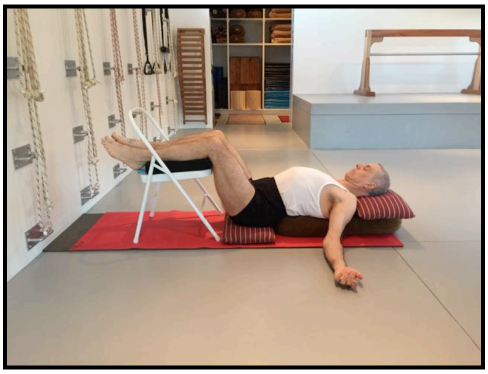
Chair Sarvangasana



Niralamba Halasana



Viparita Karani

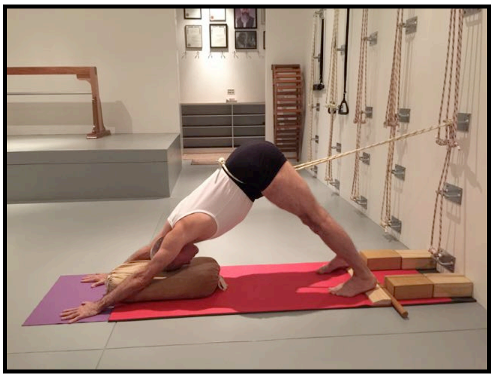


Chair Savasana

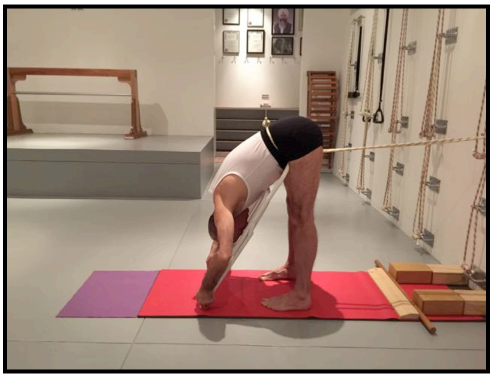
**Yoga Wisdom**

**Props will help in certain areas to get a better action and at the same time a sense of ease. Thus these supports will help you to teach well and create a quicker healing process.**

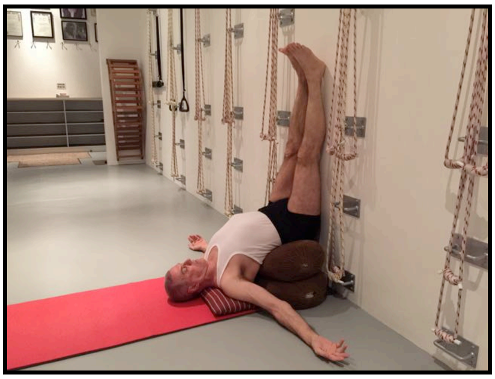
Sequence 13



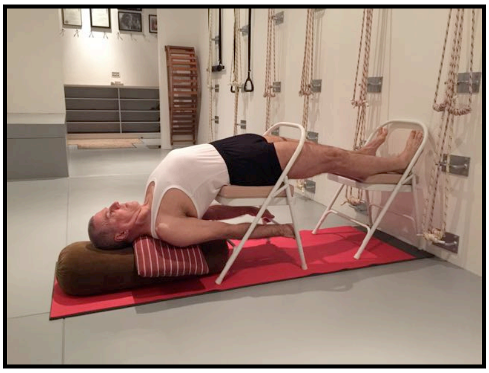
Rope Adho Mukha Svanasana



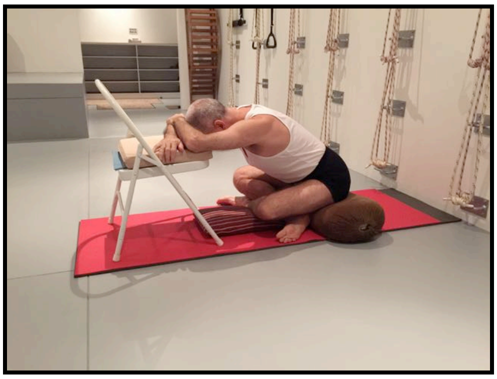
Uttanasana with chair & rope



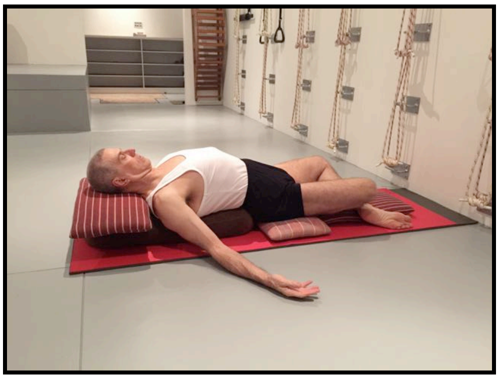
Viparita Karani



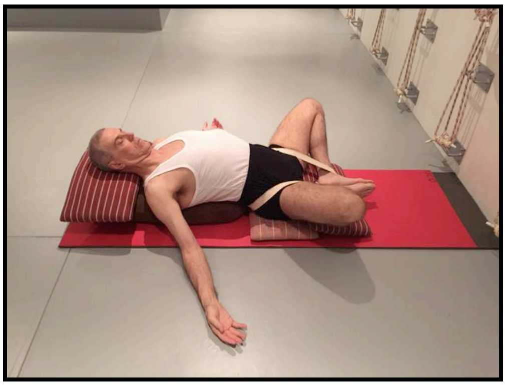
Chair Setubandha Sarvangasana



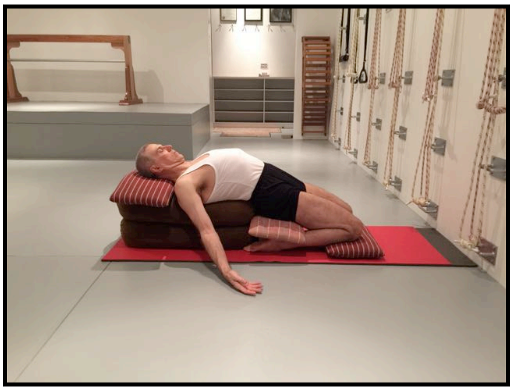
Adho Mukha Swastikasana with chair



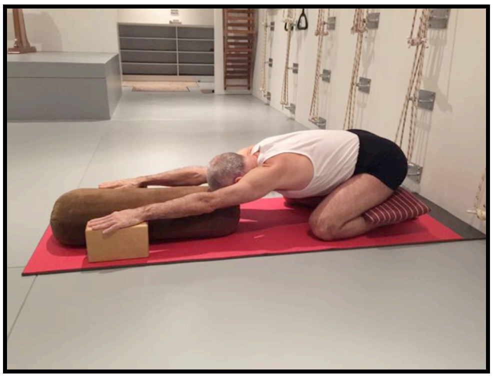
Supta Swastikasana



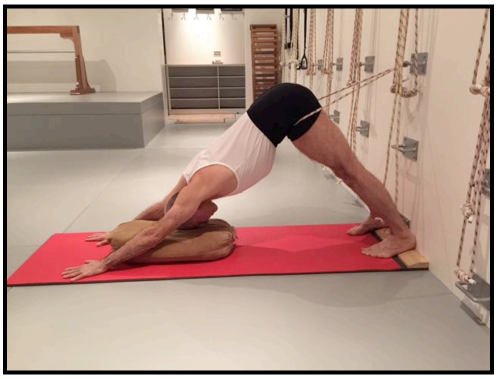
Supta Baddha Konasana



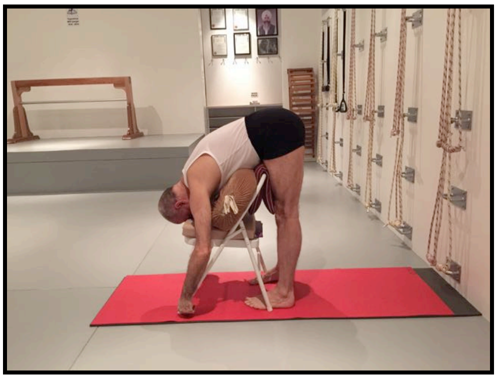
Supta Virasana



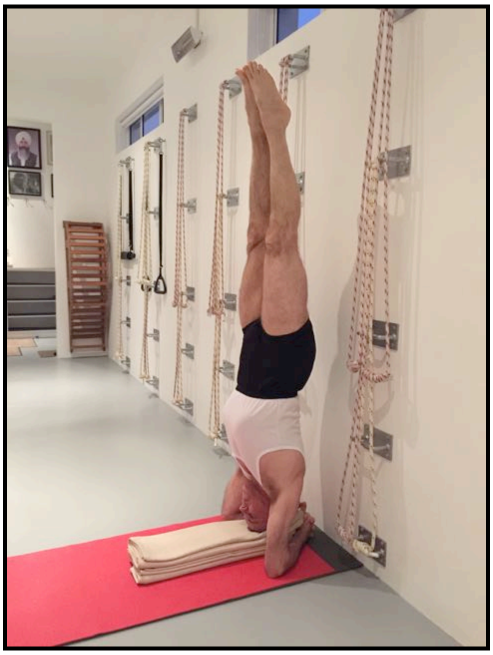
Adho Mukha Virasana



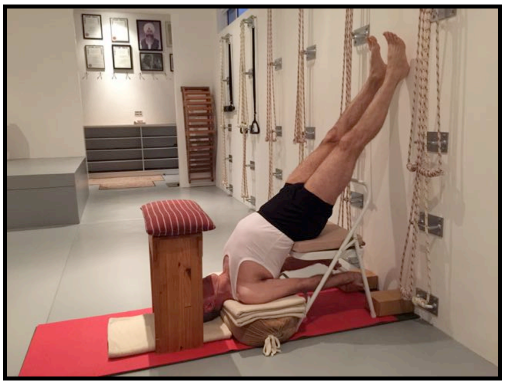
Rope Adho Mukha Svanasana



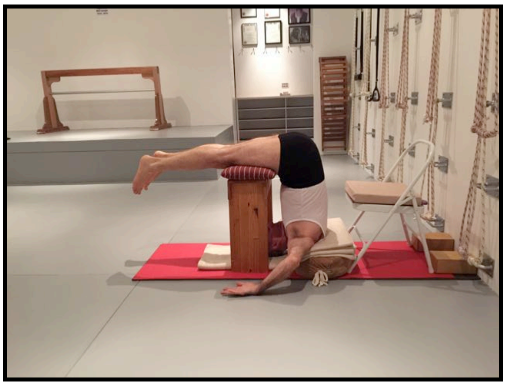
Uttanasana with chair



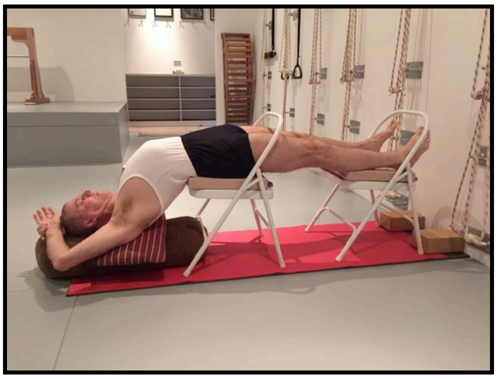
Salamba Sirsasana I



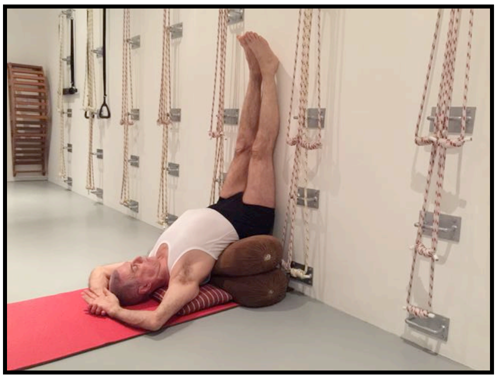
Chair Sarvangasana



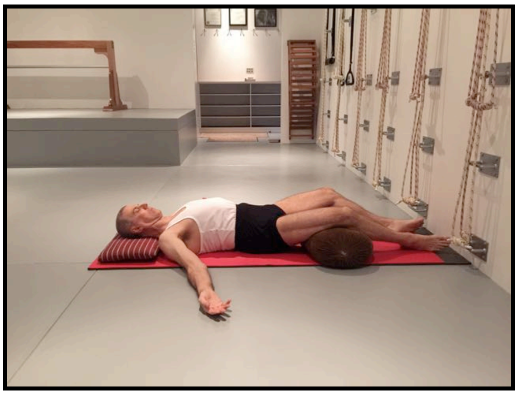
Niralamba Halasana



Chair Setubandha Sarvangasana



Viparita Karani

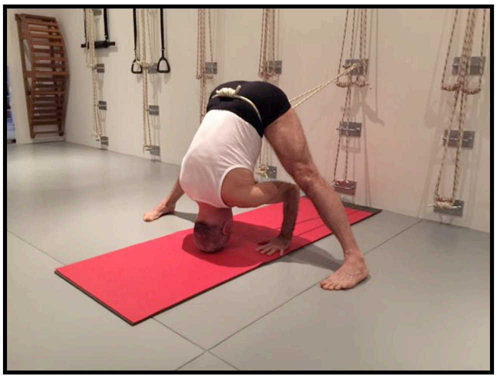


Bolster Savasana

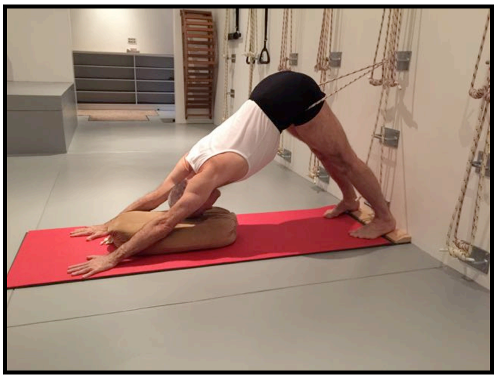
**Yoga Wisdom**

**It is wrong to differentiate traditional yoga from Iyengar yoga. There is no distinction between one yoga and another. They all have the same root and the same purpose.**

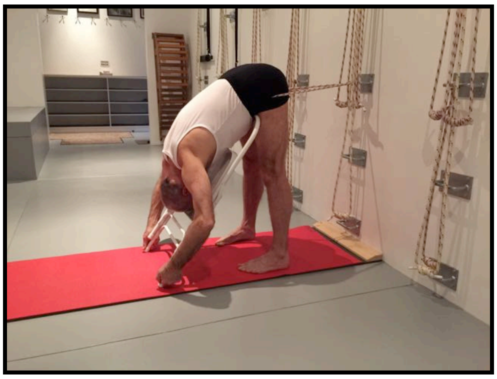
## Sequence 14



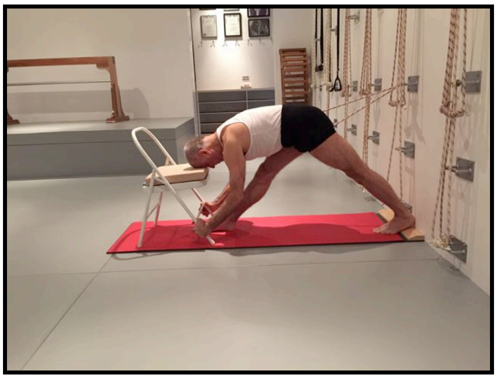
Rope Prasarita Padottanasana I



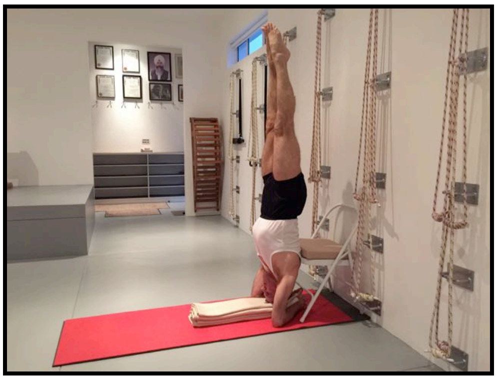
Rope Adho Mukha Svanasana



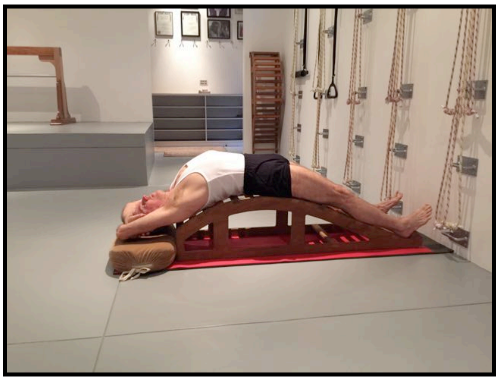
Uttanasana with chair & rope



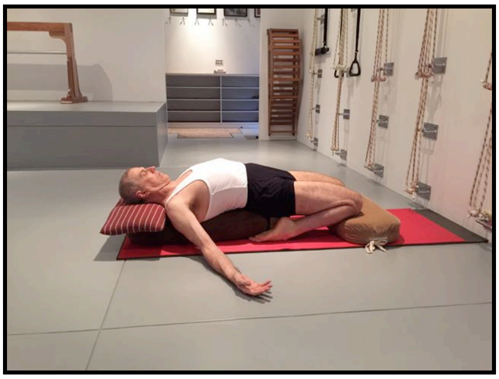
Parsvottanasana with chair and rope



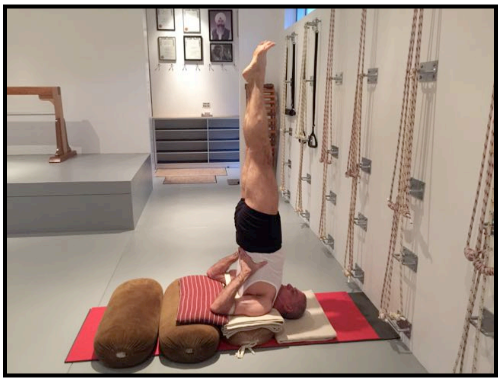
Salamba Sirsasana I with chair



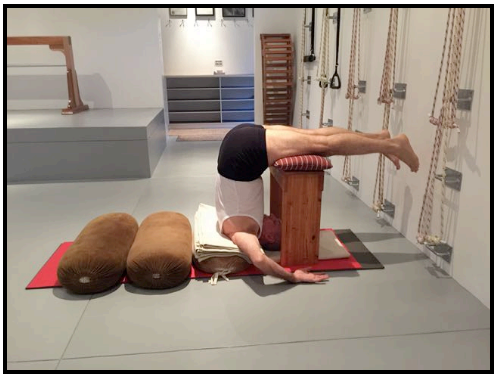
Setubandha Sarvangasana with Setubandha bench



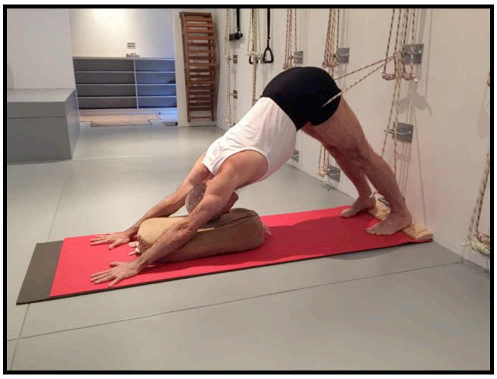
Supta Virasana



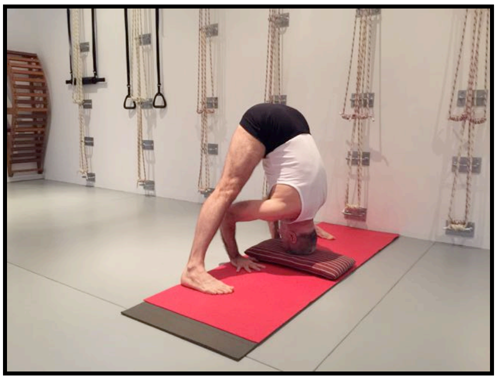
Salamba Sarvangasana I



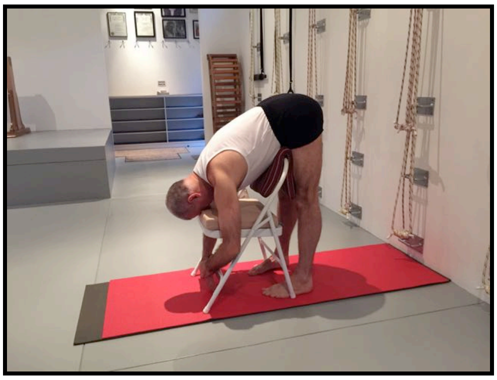
Niralamba Halasana



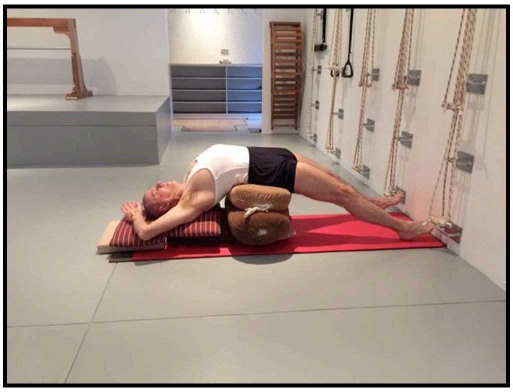
Rope Adho Mukha Svanasana



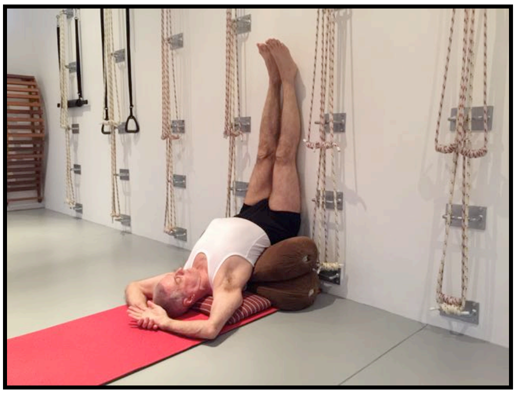
Prasarita Padottanasana I



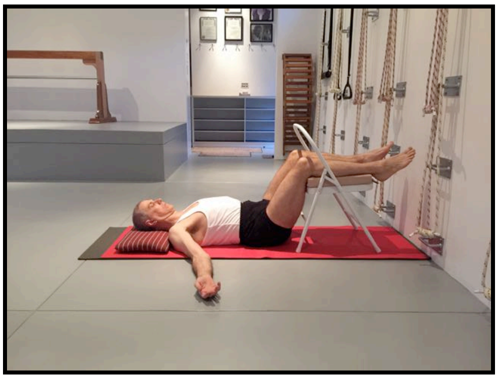
Uttanasana with chair



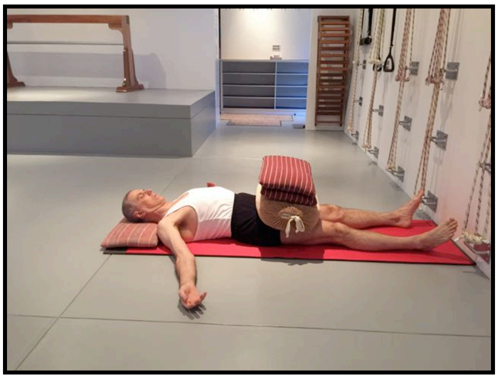
Setubandha Sarvangasana



Viparita Karani



Chair Savasana

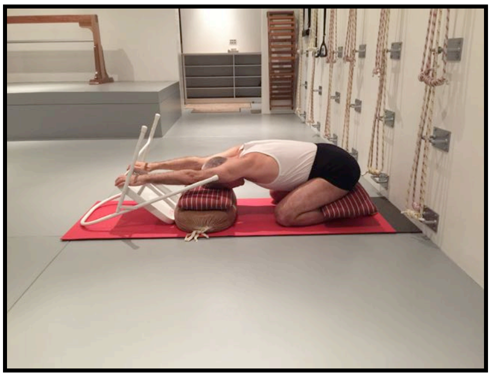


Bolster Savasana

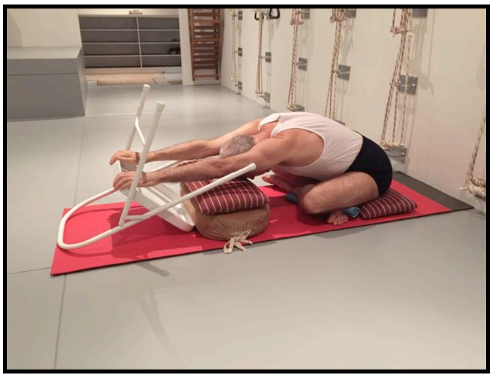
**Yoga Wisdom**

**Practice strong and demanding asanas in the morning and recuperative asanas in the evening, so that you are rested for the next morning.**

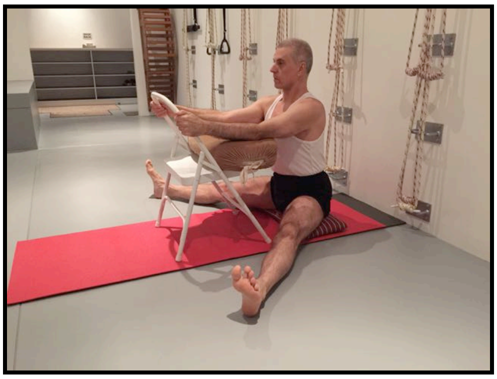
Sequence 15



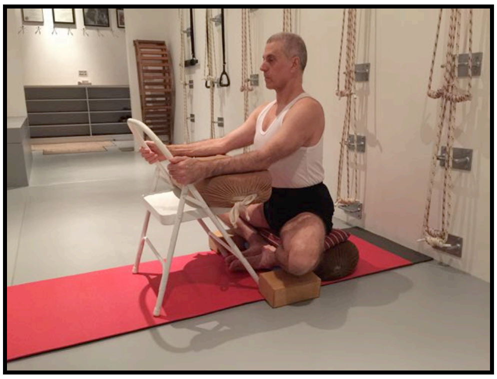
Adho Mukha Virasana
with inverted chair



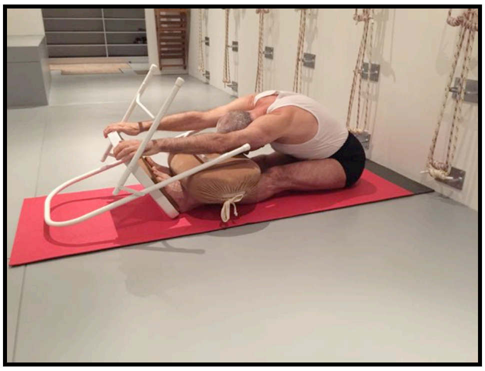
Adho Mukha Swastikasana
with inverted chair



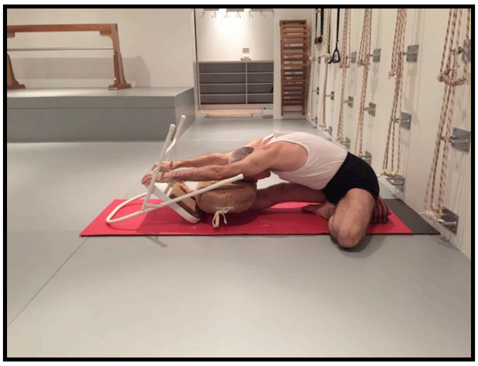
Utthita Upavistha Konasana
with chair



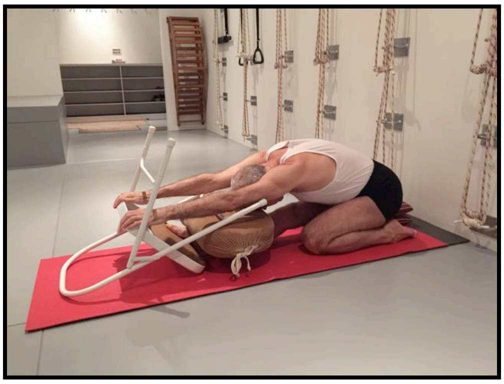
Utthita Baddha Konasana
with chair



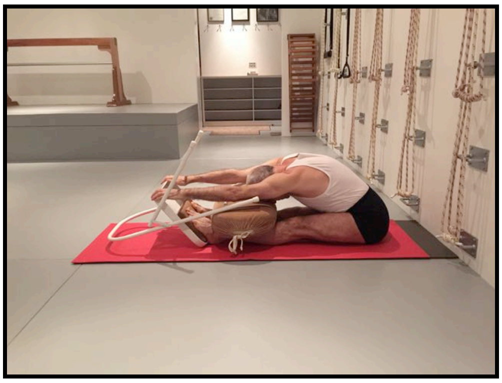
Paschimottanasana
with inverted chair



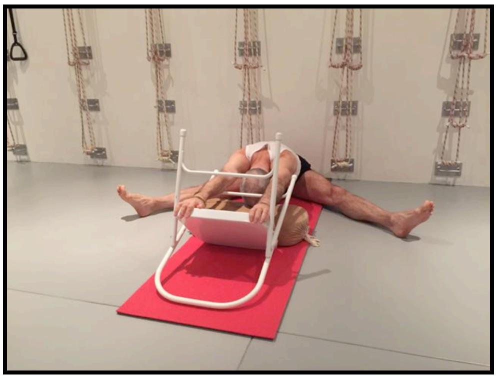
Janu Sirsasana
with inverted chair



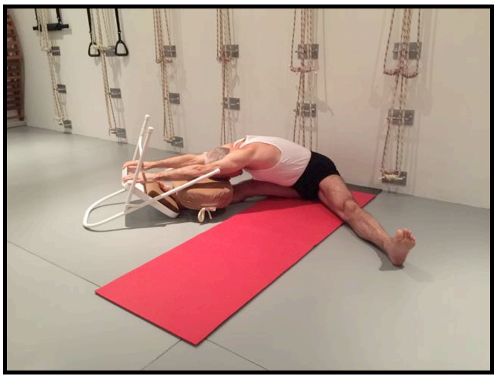
Triang Mukhaikapada
Paschimottanasana with inverted chair



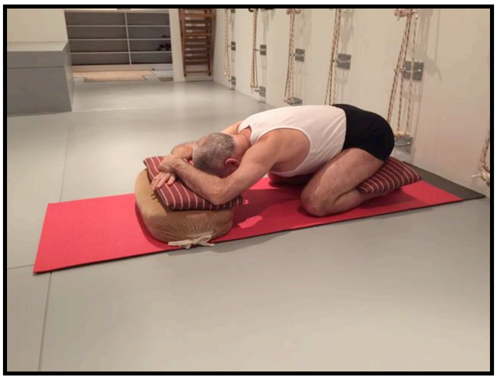
Paschimottanasana
with inverted chair



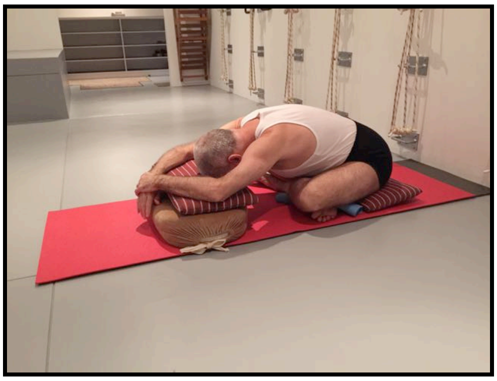
Adho Mukha Upavistha Konasana
with inverted chair



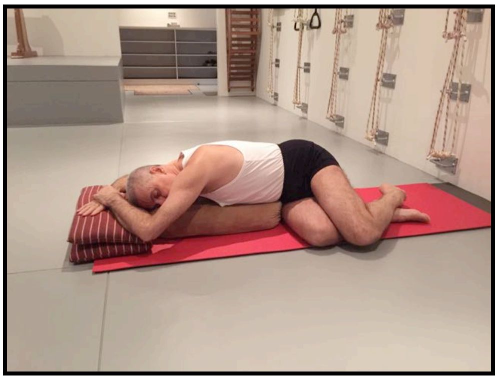
Parsva Adho Mukha
Upavistha Konasana
with inverted chair



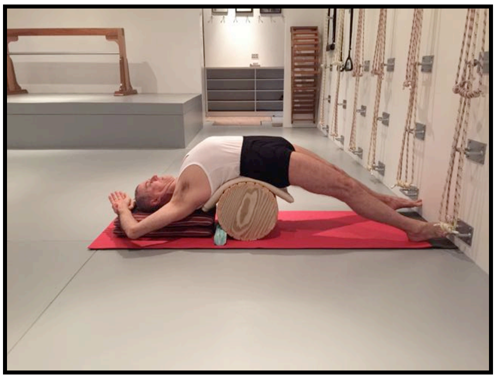
Adho Mukha Virasana



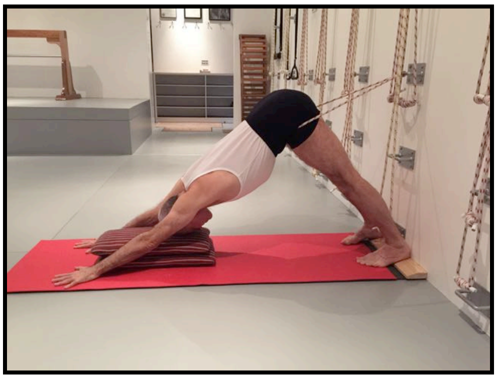
Adho Mukha Swastikasana



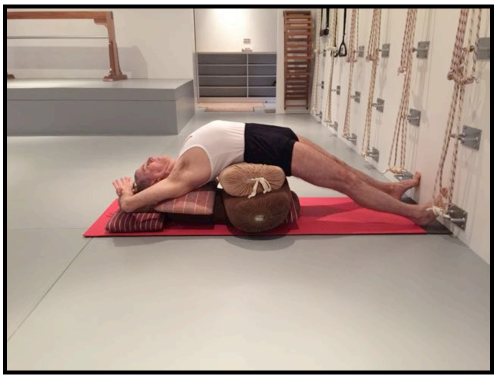
Parivrtta Pavanmuktasana



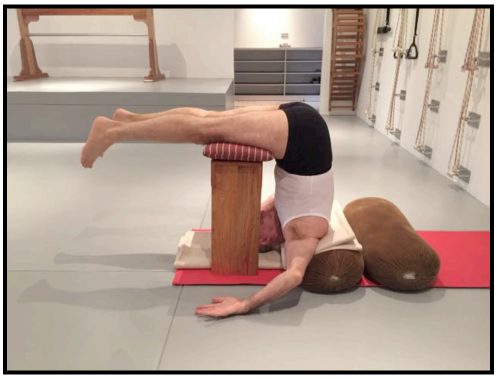
Setubandha Sarvangasana
with barrel



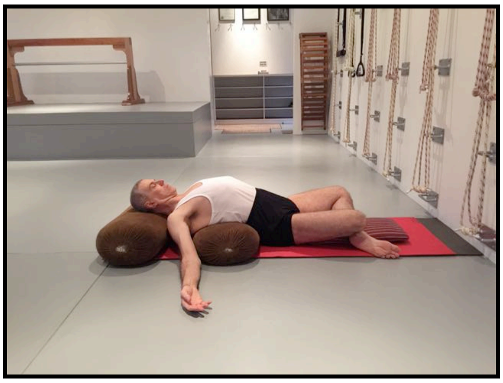
Rope Adho Mukha Svanasana



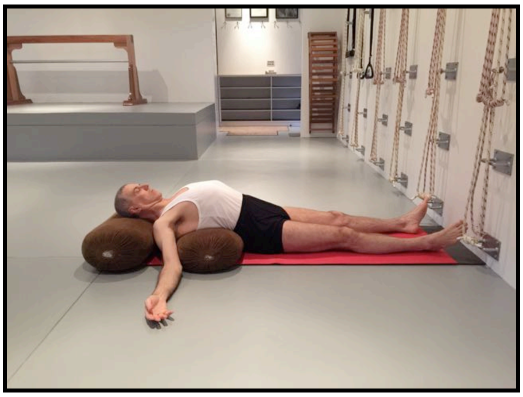
Setubandha Sarvangasana



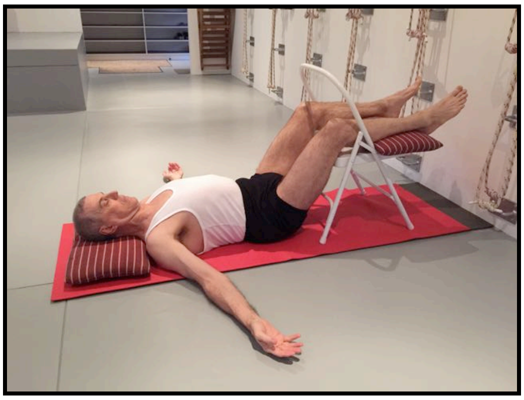
Niralamba Halasana



Supta Swastikasana



Bolster Savasana

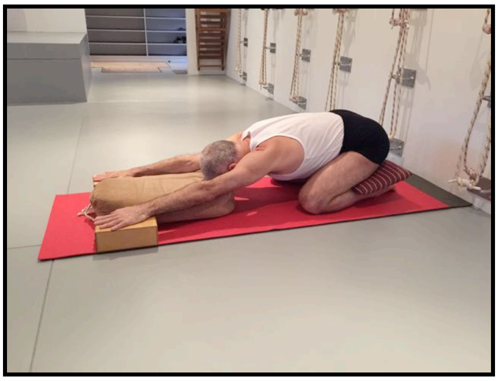


Chair Savasana

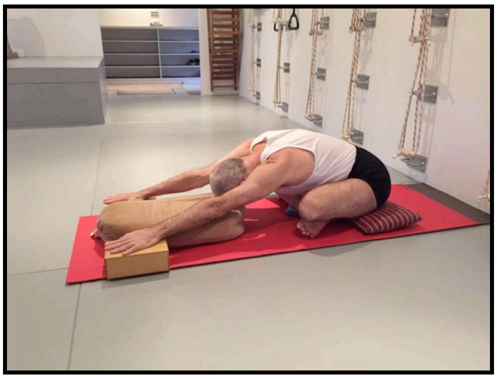
**Yoga Wisdom**

**The credit of collating, systemizing and codifying the entire philosophy of yoga goes to Patanjali**

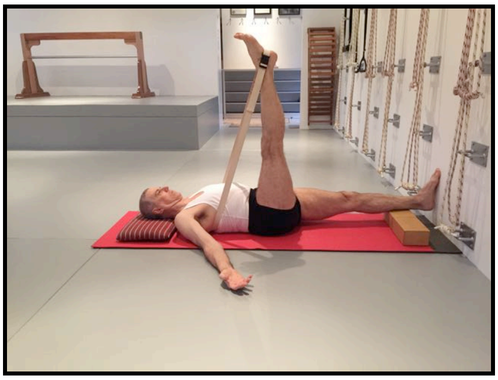
Sequence 16



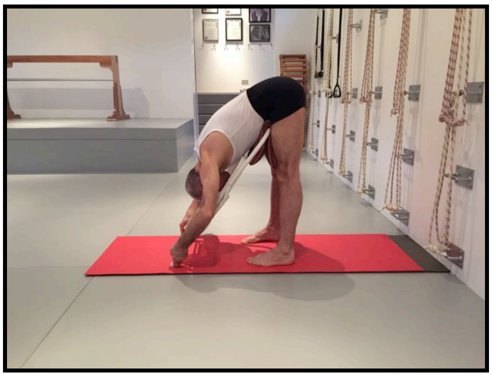
Adho Mukha Virasana



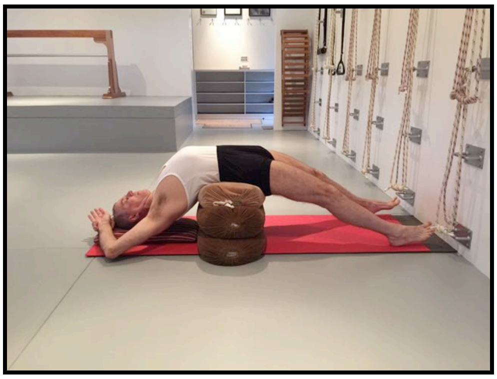
Adho Mukha Swastikasana



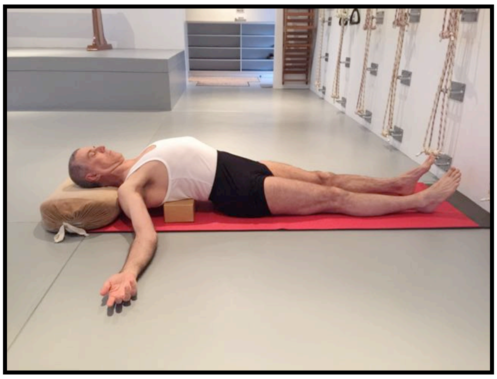
Supta Padangusthasana I



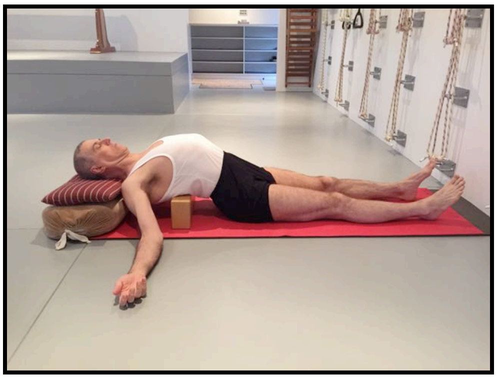
Uttanasana with chair



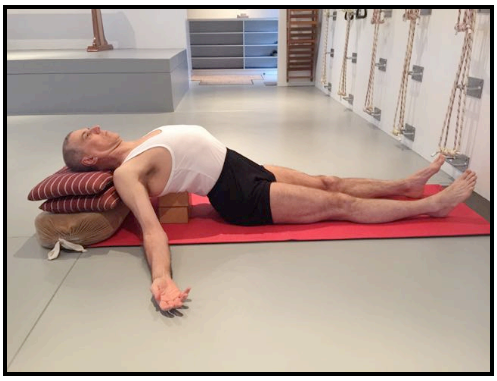
Bolster Dwi Pada Viparita Dandasana



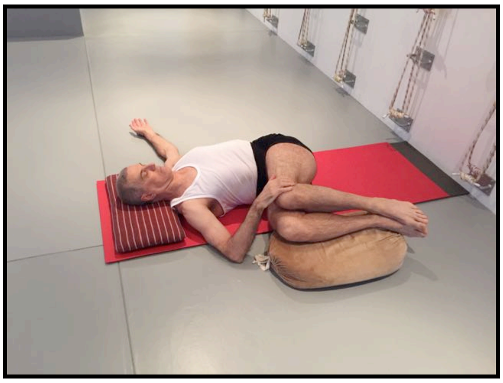
Supta Tadasana over flat blocks



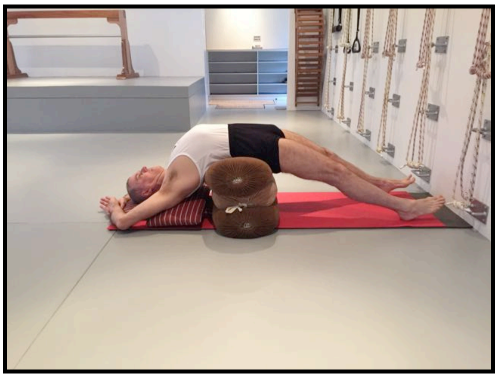
Supta Tadasana over narrow blocks



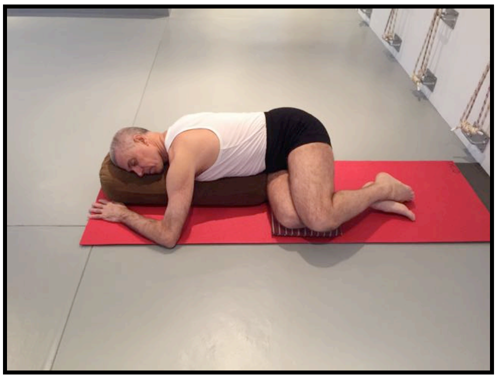
Supta Tadasana over 2 flat blocks



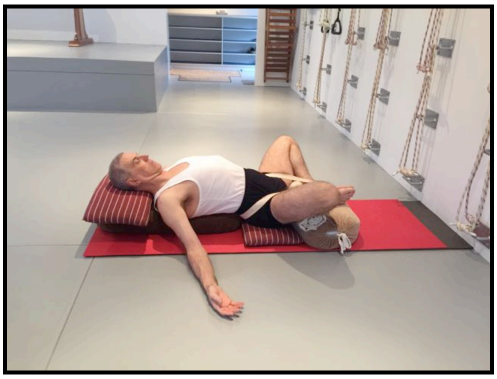
Jathara Parivartanasana



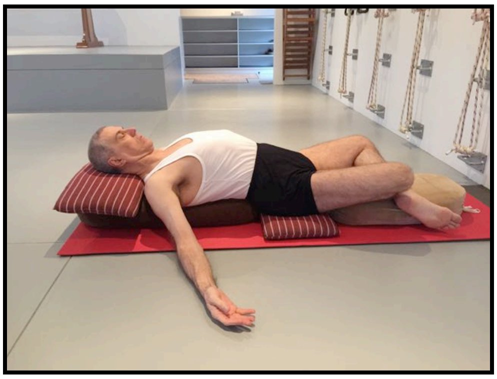
Setubandha Sarvangasana



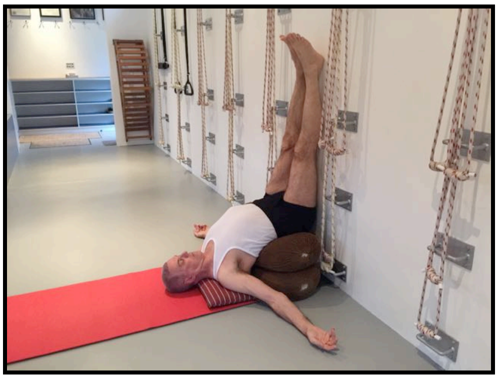
Parivrtta Pavanmuktasana



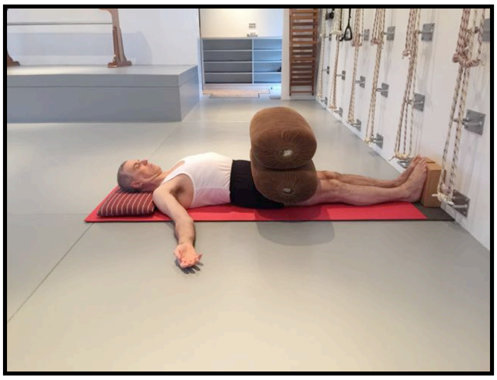
Supta Baddha Konasana



Supta Swastikasana



Viparita Karani

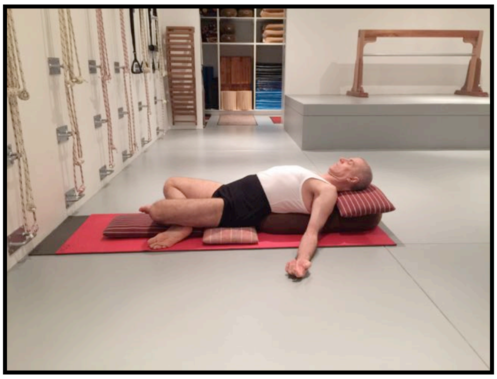


Savasana

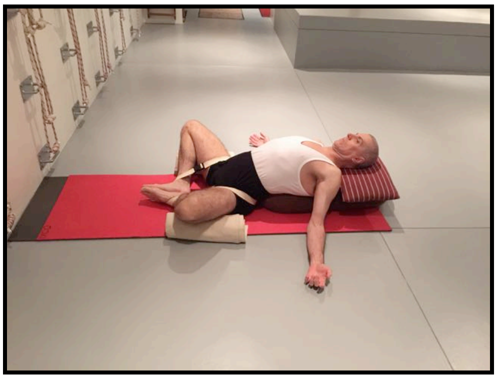
**Yoga Wisdom**

**If the body is supple, the mind should resist and make itself hard for the body to perform the asana.**

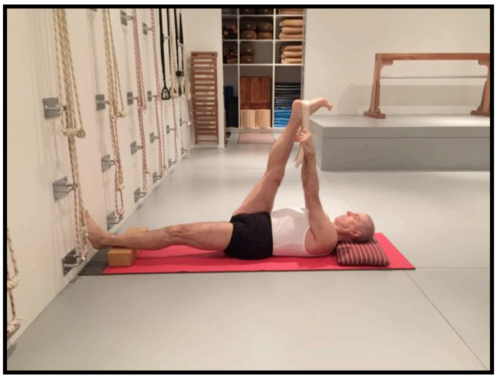
## Sequence 17



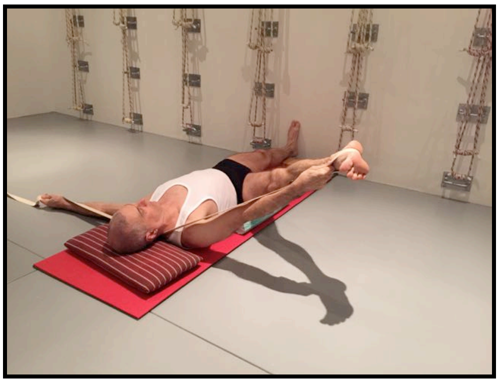
Supta Swastikasana



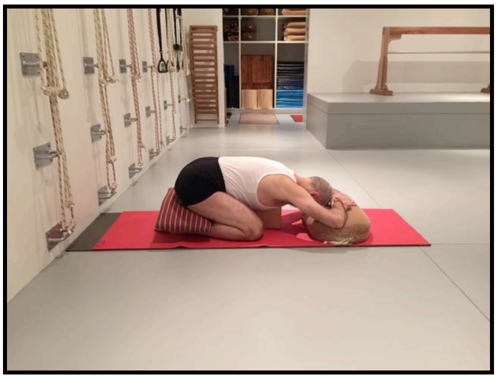
Supta Baddha Konasana



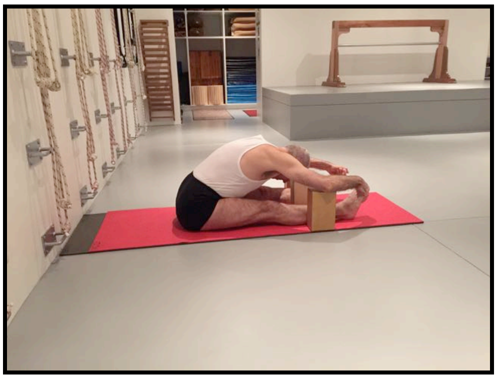
Supta Padangusthasana I



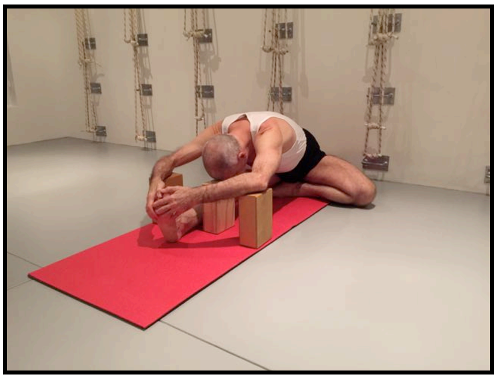
Supta Padangusthasana II



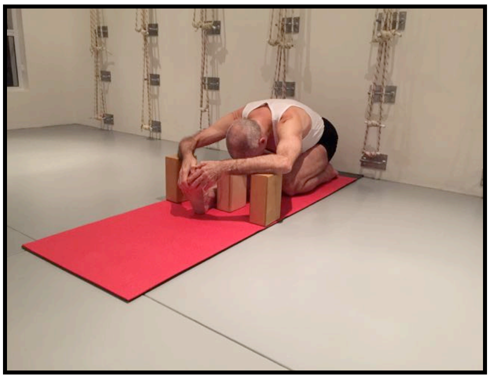
Adho Mukha Virasana



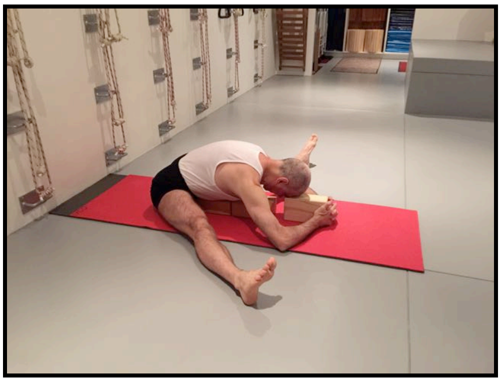
Paschimottanasana



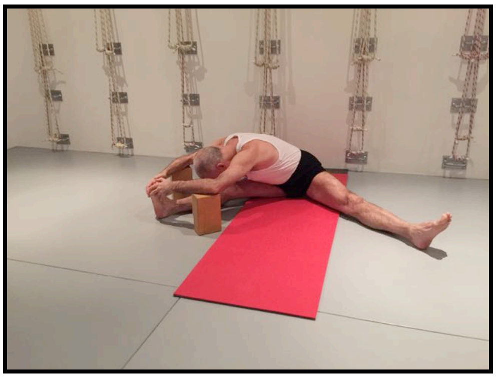
Janu Sirsasana



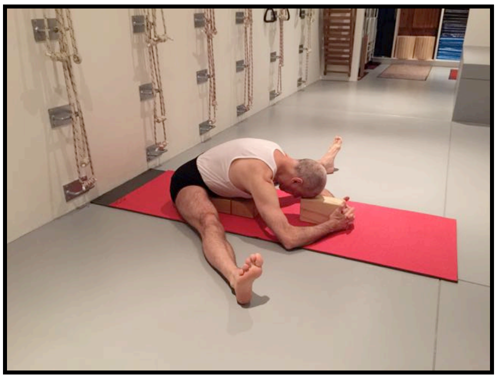
Triang Mukhaikapada
Paschimottanasana



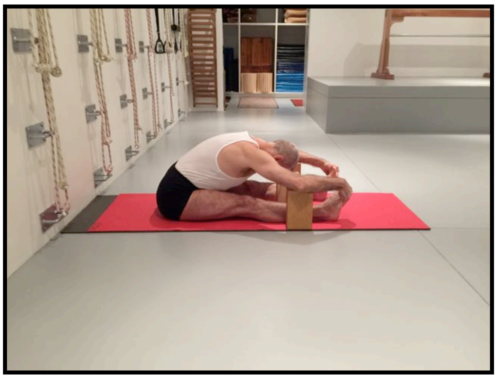
Adho Mukha Upavistha Konasana



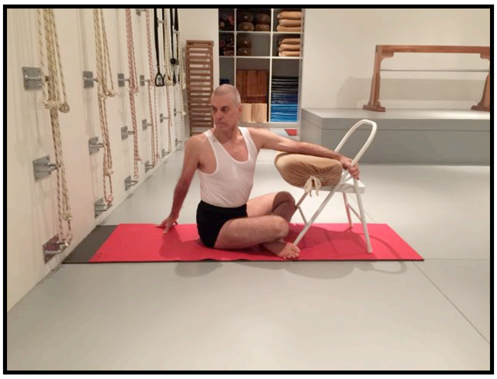
Parsva Adho Mukha Upavistha
Konasana



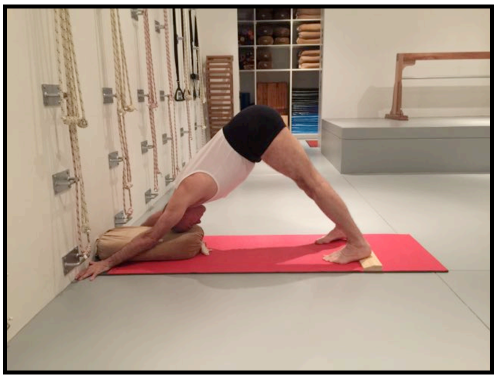
Adho Mukha Upavistha Konasana



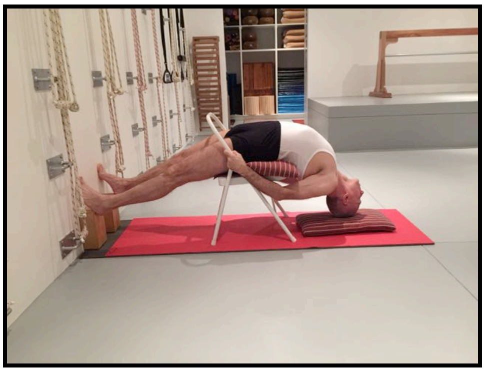
Paschimottanasana



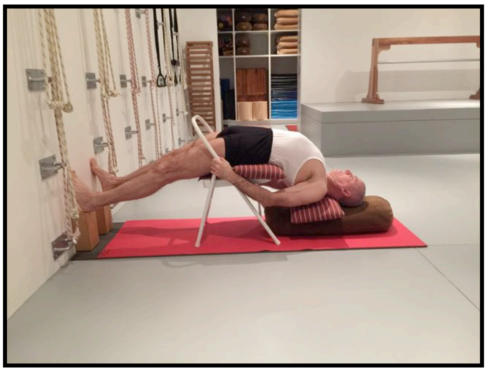
Chair Parsva Swastikasana



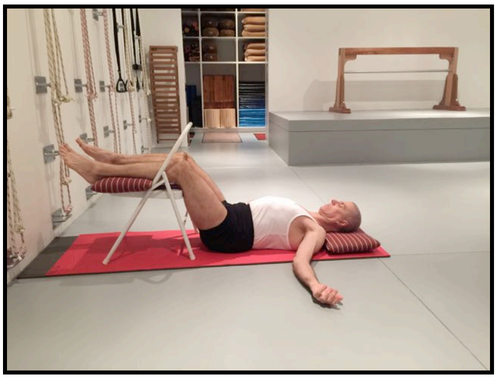
Adho Mukha Svanasana



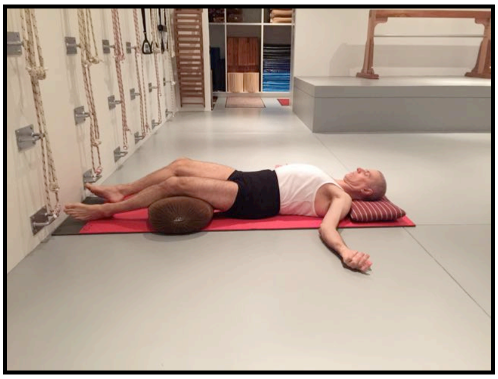
Chair Dwi Pada Viparita Dandasana



Chair Setubandha Sarvangasana



Chair Savasana

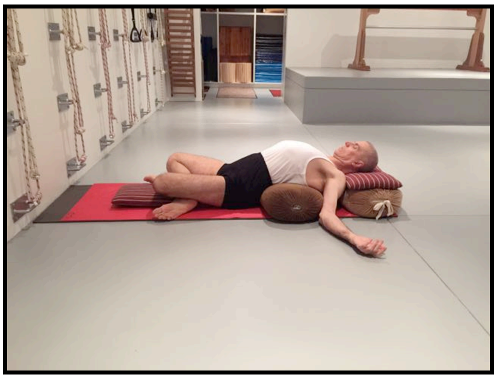


Bolster Savasana

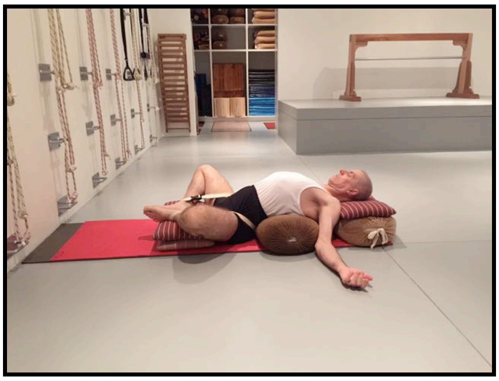
**Yoga Wisdom**

**Constant study and trial is needed to educate and mold the body to fit into the right frame of each asana**

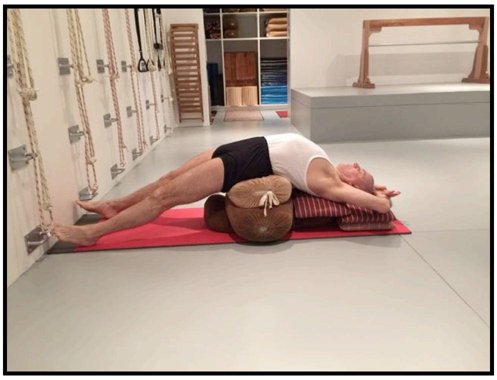
## Sequence 18



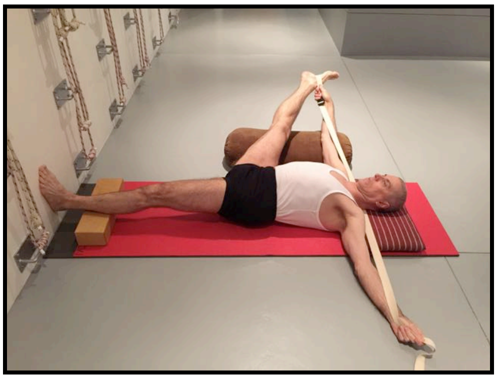
Supta Swastikasana



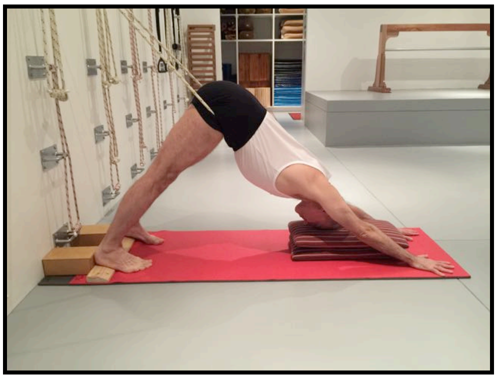
Supta Baddha Konasana



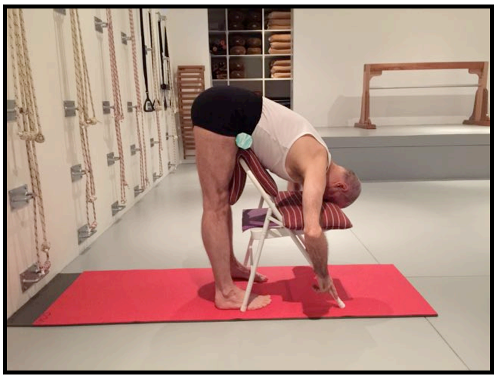
Setubandha Sarvangasana



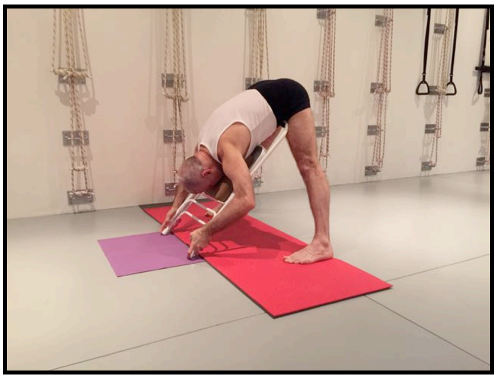
Supta Padangusthasana I



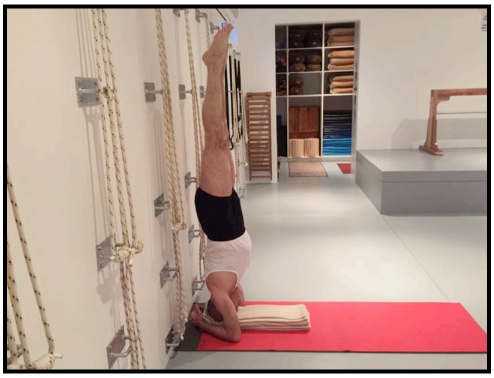
Rope Adho Mukha Svanasana



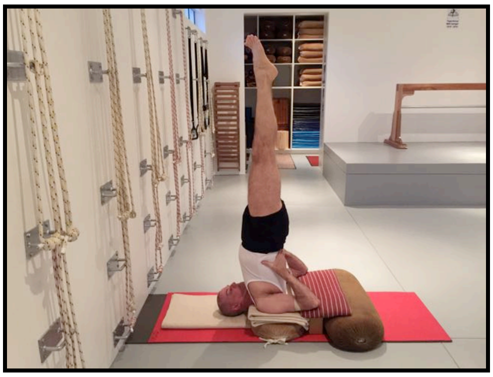
Uttanasana
with chair



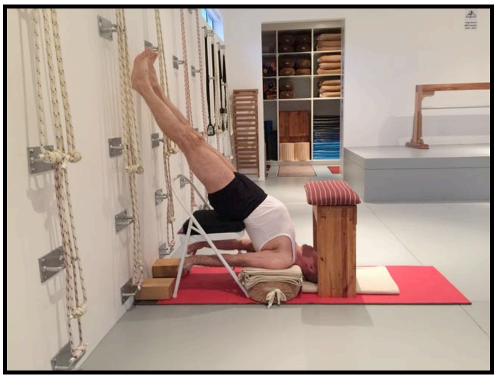
Prasarita Padottanasana I
with chair



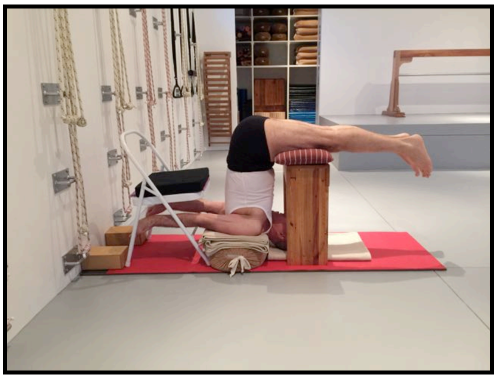
Salamba Sirsasana I



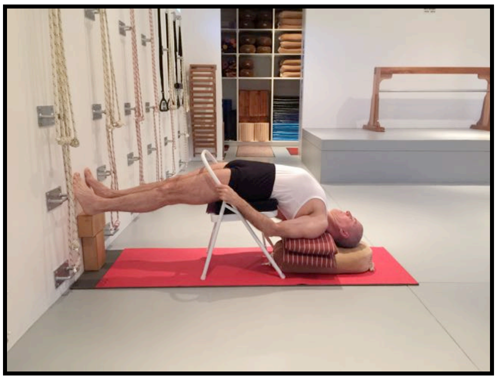
Salamba Sarvangasana I



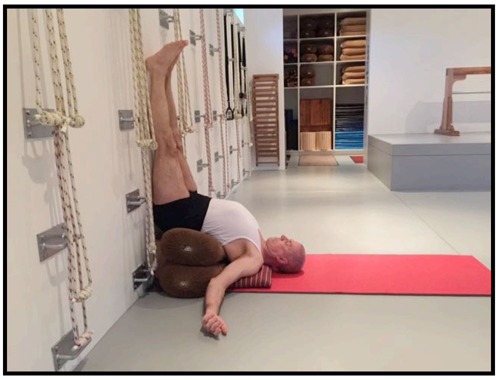
Chair Sarvangasana



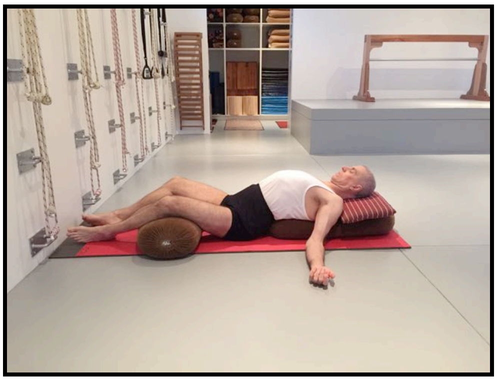
Niralamba Halasana



Chair Setubandha Sarvangasana



Viparita Karani

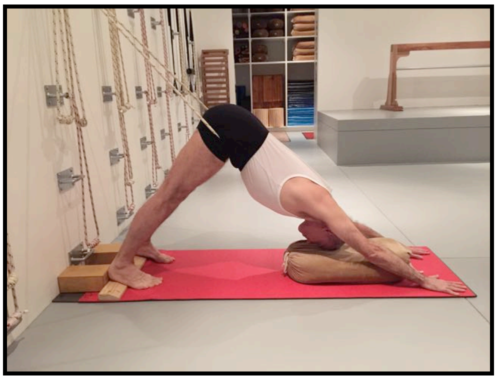


Bolster Savasana

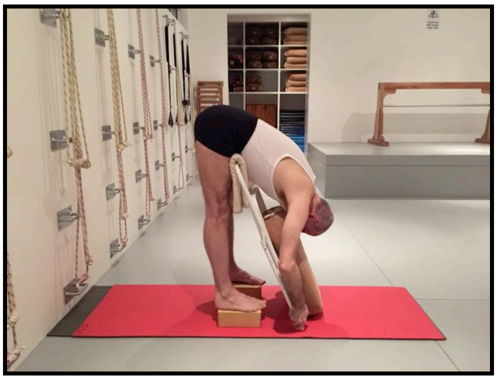
**Yoga Wisdom**

**Each asana has a shape, grace and elegance that bestows power and makes the practitioner as strong as a diamond and at the same time as soft as a flower.**

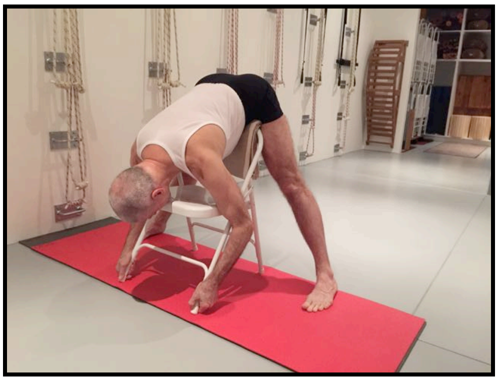
Sequence 19



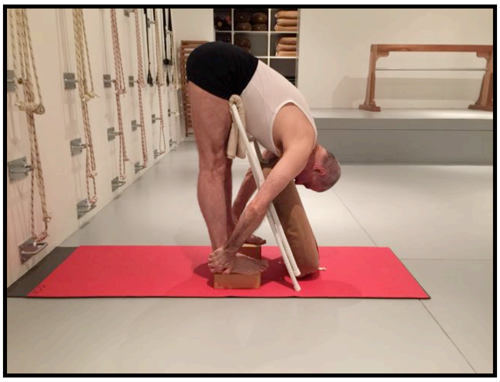
Rope Adho Mukha Svanasana



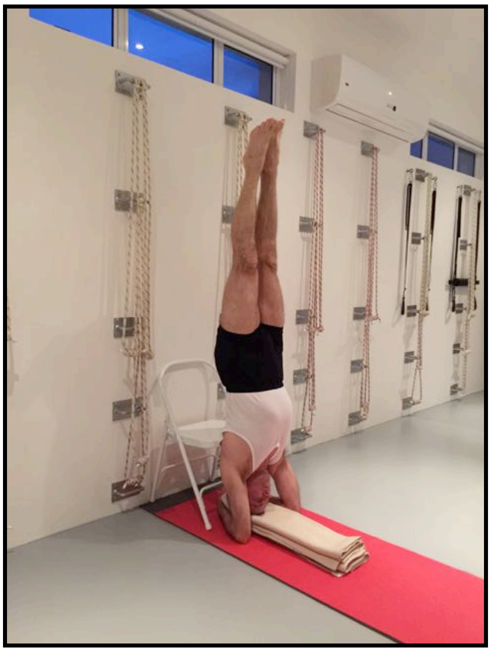
Uttanasana with chair



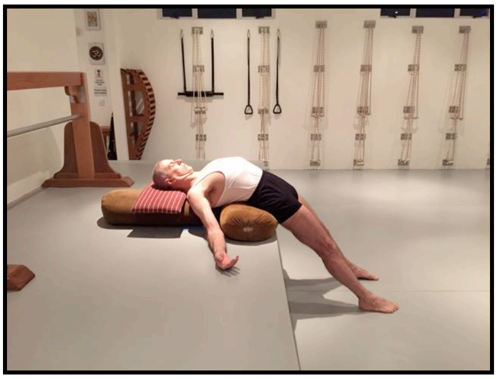
Prasarita Padottanasana I with chair



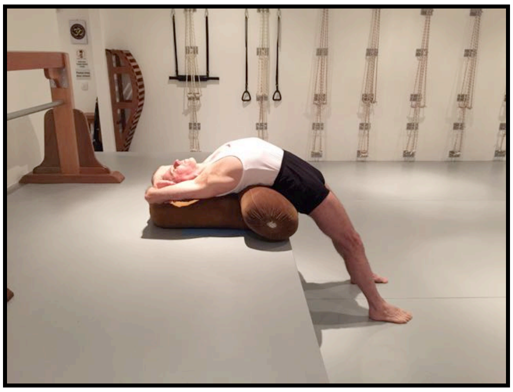
Uttanasana with chair



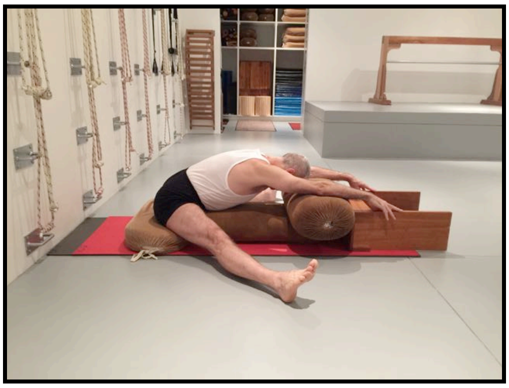
Salamba Sirsasana I with chair



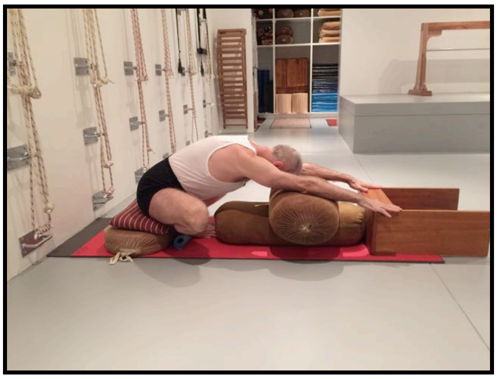
Salamba Purvottanasana



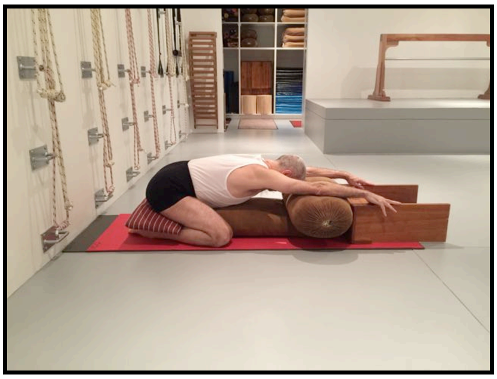
Dwi Pada Viparita Dandasana



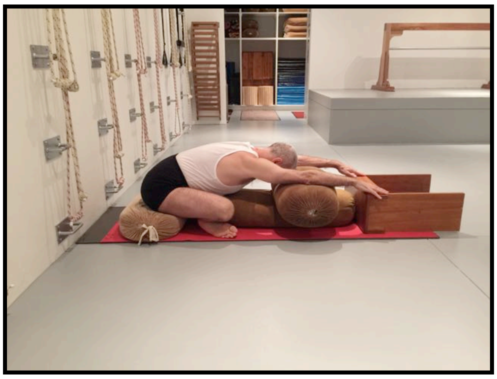
Adho Mukha Upavistha Konasana



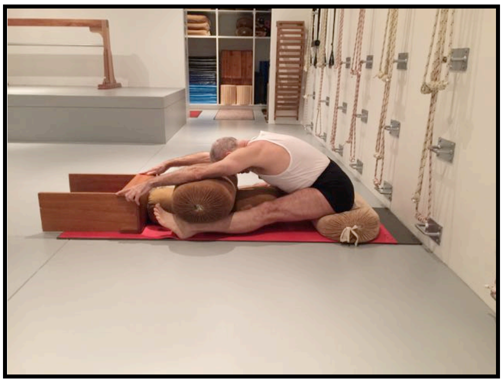
Adho Mukha Baddha Konasana



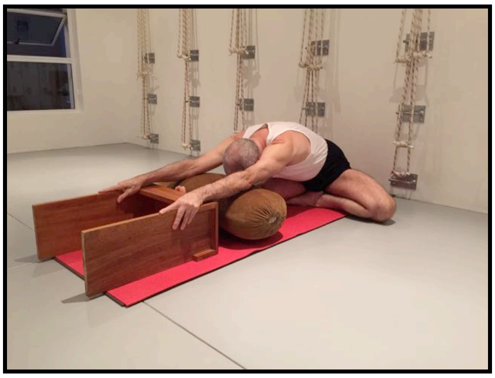
Adho Mukha Virasana



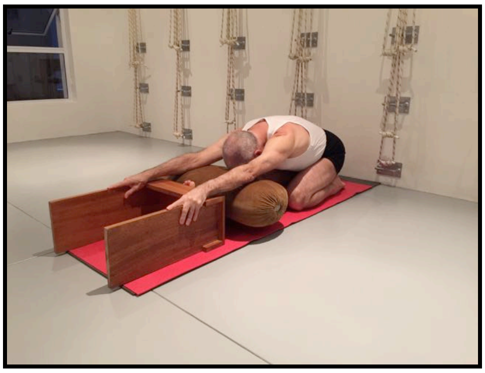
Adho Mukha Swastikasana



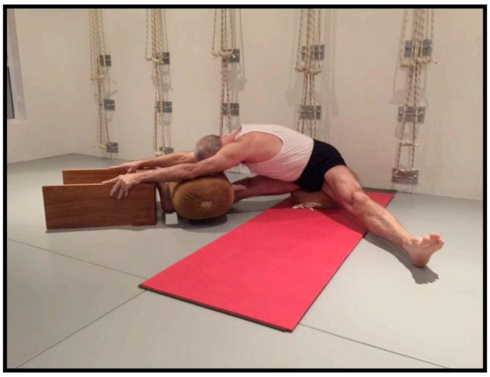
Paschimottanasana



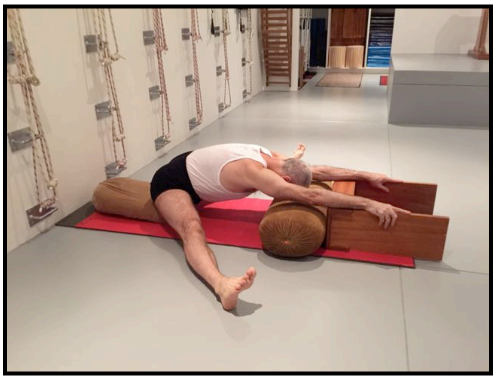
Janu Sirsasana



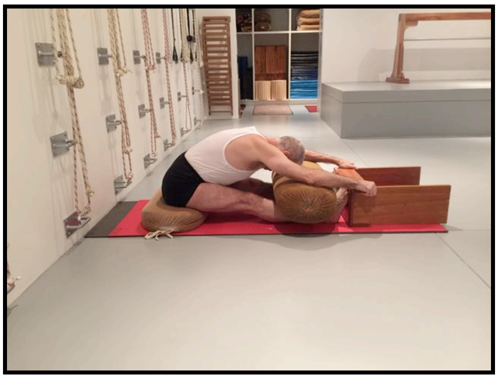
Triang Mukhaikapada Paschimottanasana



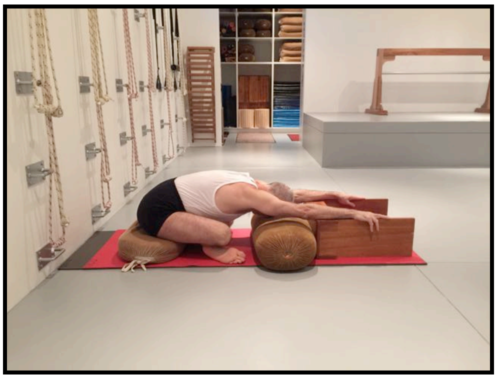
Parsva Adho Mukha Upavistha Konasana



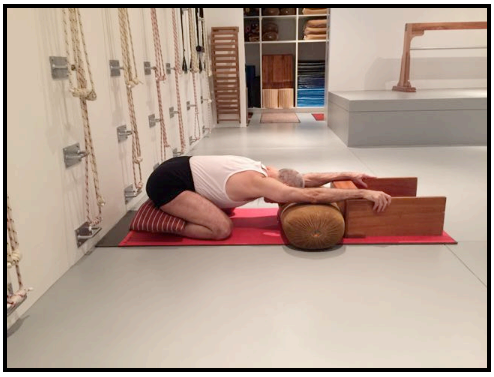
Adho Mukha Upavistha Konasana



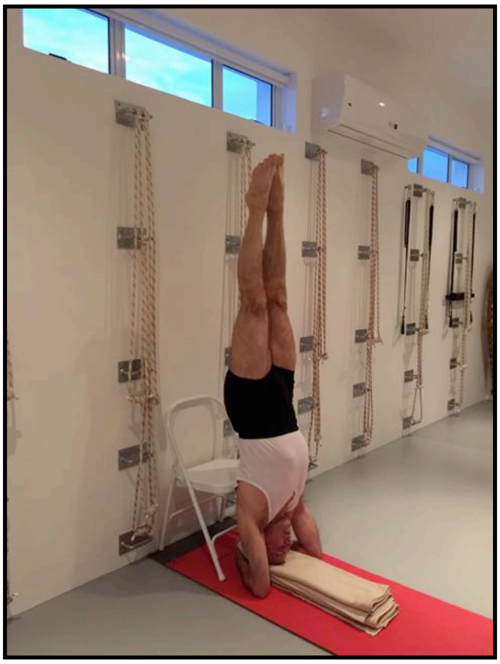
Paschimottanasana



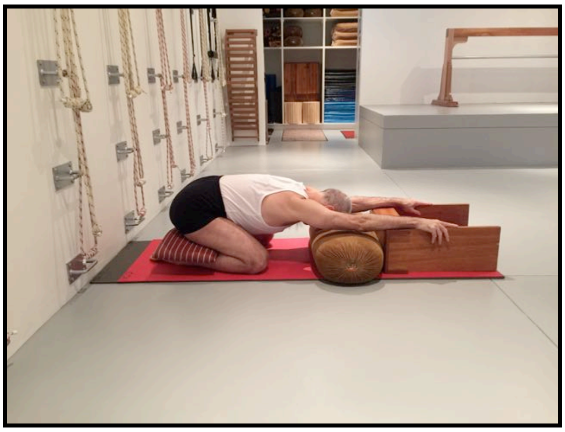
Adho Mukha Swastikasana



Adho Mukha Virasana



Salamba Sirsasana I with chair



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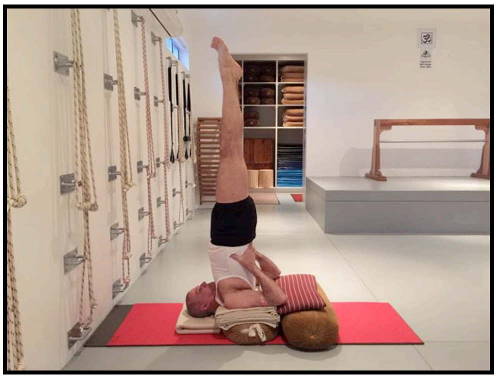
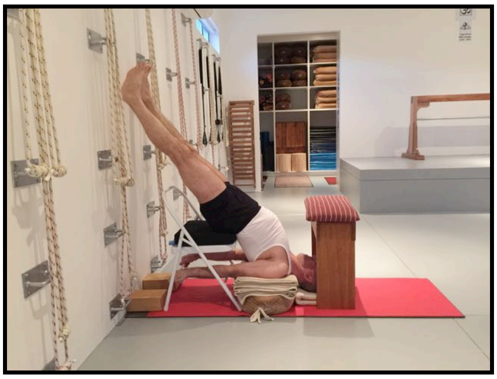
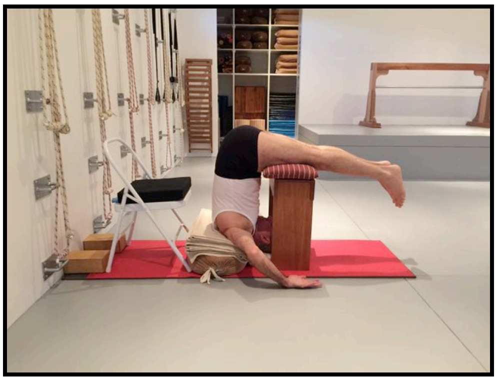


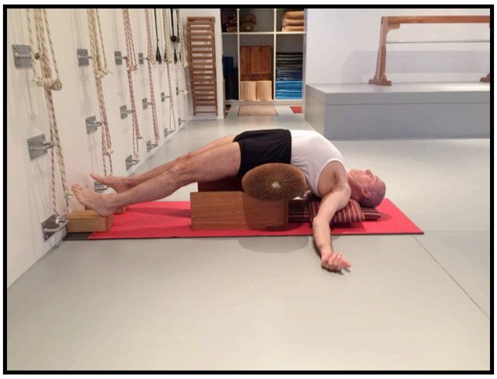
Salamba Sarvangasana I



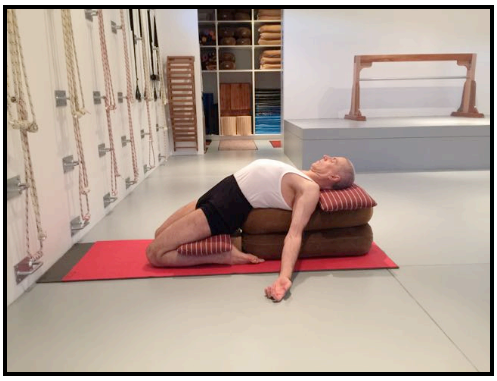
Chair Sarvangasana



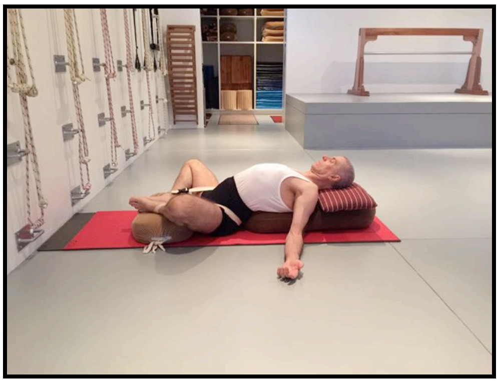
Niralamba Halasana



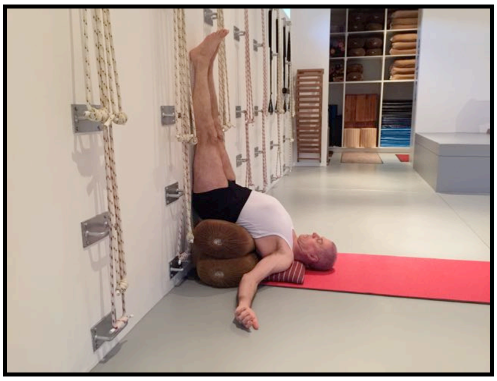
Setubandha Sarvangasana



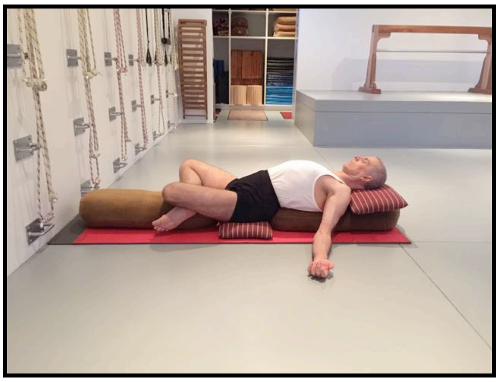
Supta Virasana



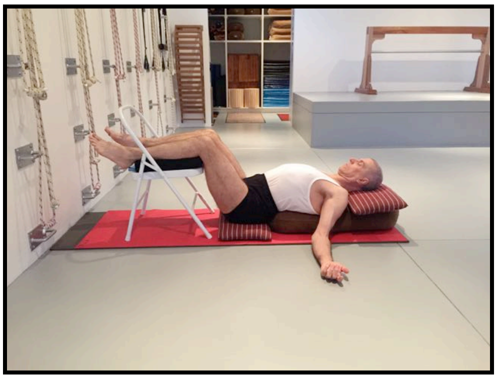
Supta Baddha Konasana



Viparita Karani



Supta Swastikasana

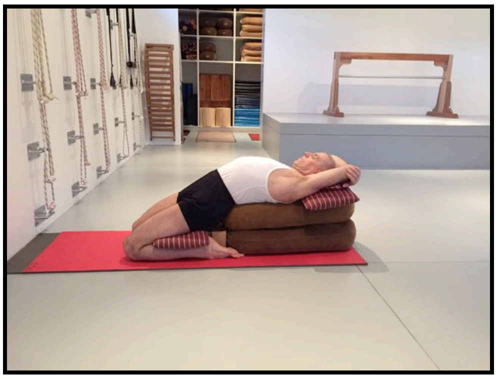


Chair Savasana

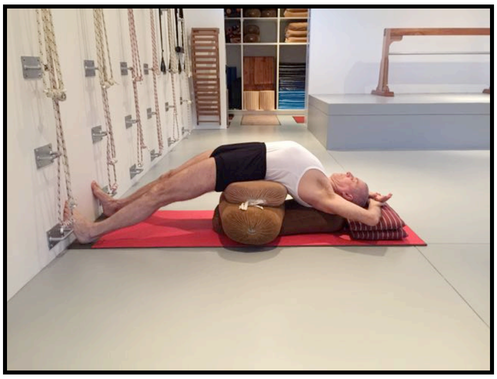
**Yoga Wisdom**

**Whatever asana you do, see that your intelligence is lighting each and every part of your body.**

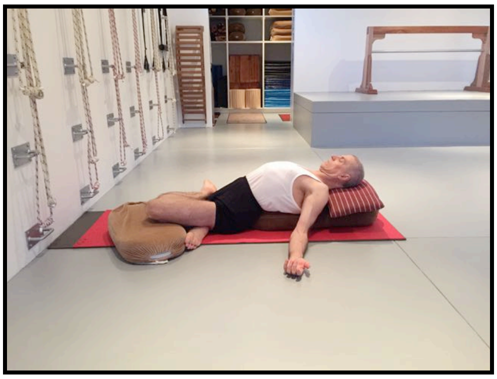
## Sequence 20



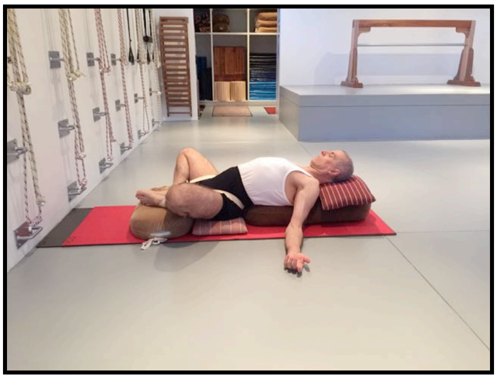
Supta Virasana



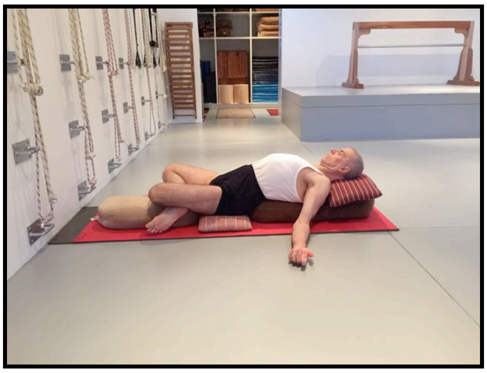
Setubandha Sarvangasana



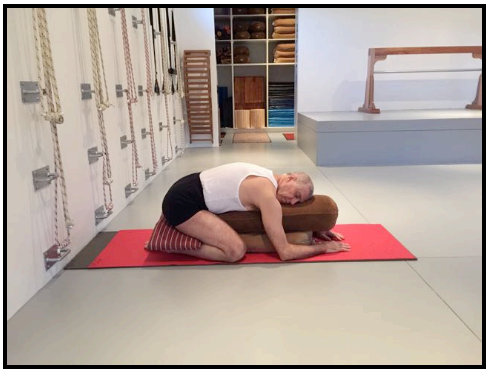
Ardha Matsyasana



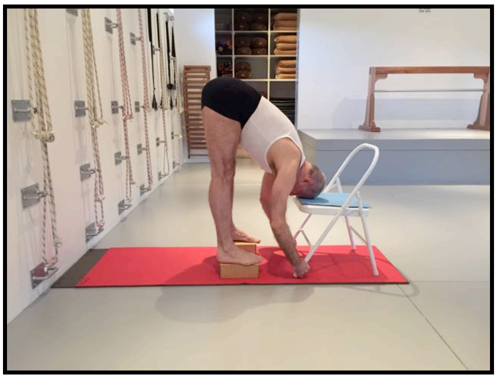
Supta Baddha Konasana



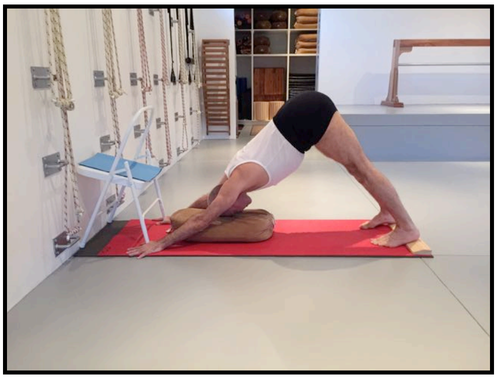
Supta Swastikasana



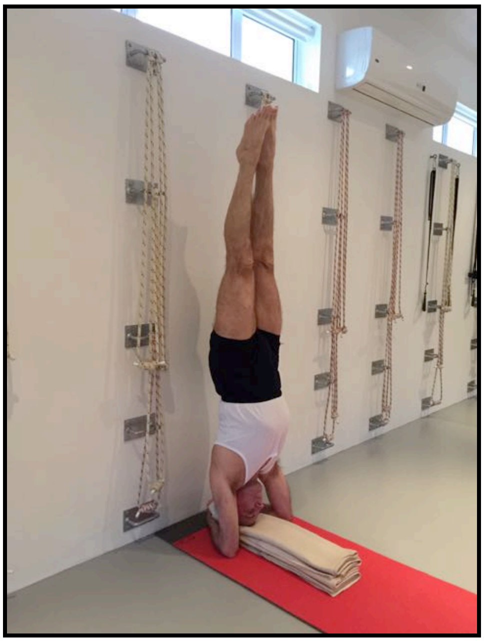
Adho Mukha Virasana



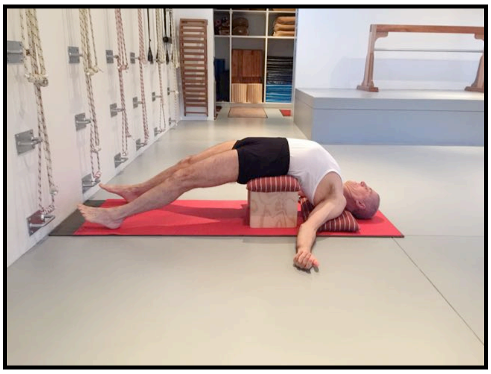
Uttanasana with chair



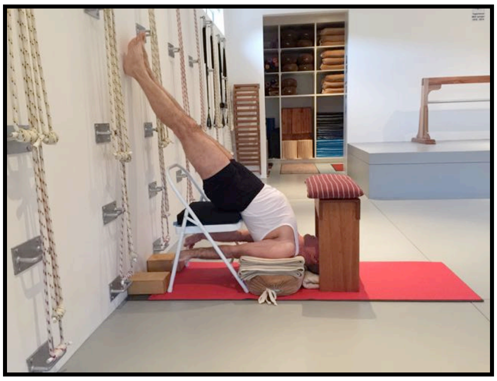
Adho Mukha Svanasana



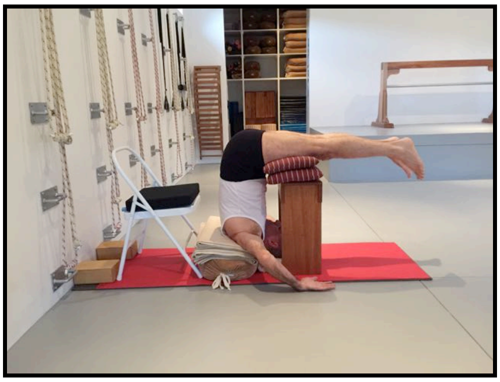
Salamba Sirsasana I



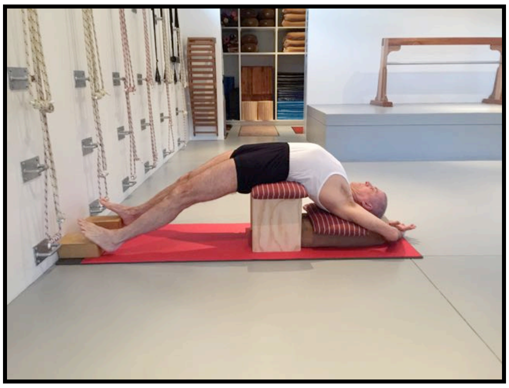
Setubandha Sarvangasana



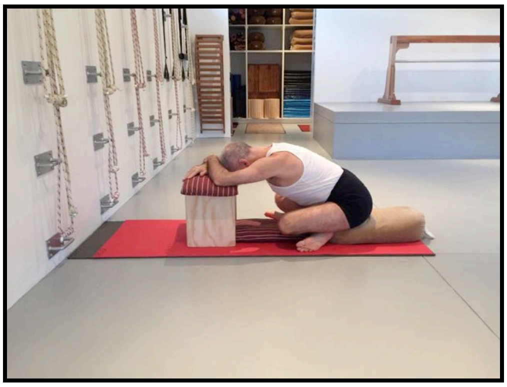
Chair Sarvangasana



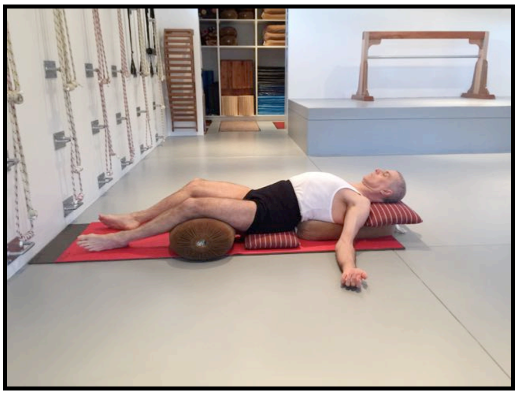
Niralamba Halasana



Setubandha Sarvangasana



Adho Mukha Swastikasana

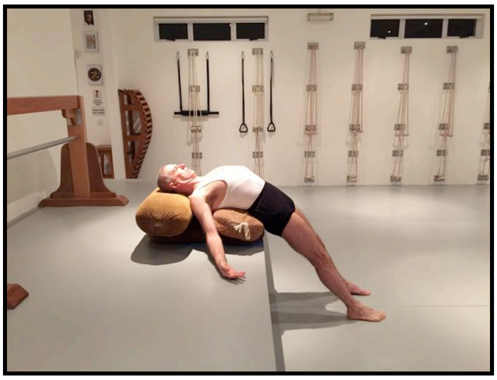


Bolster Savasana

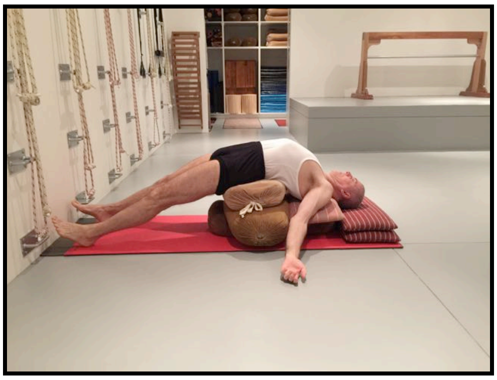
**Yoga Wisdom**

**A friendly approach is needed to develop constructive ideas**

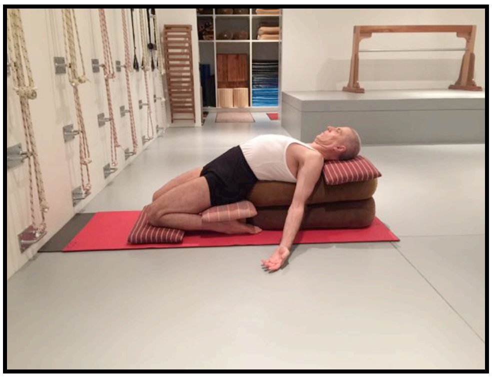
## Sequence 21



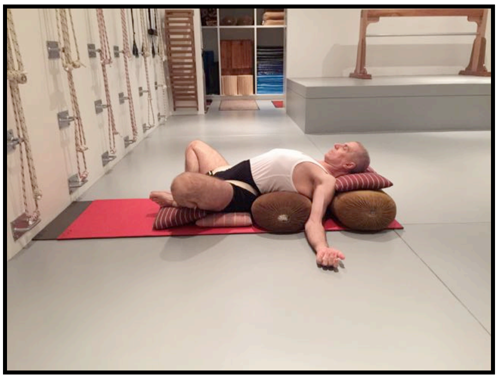
Salamba Purvottanasana



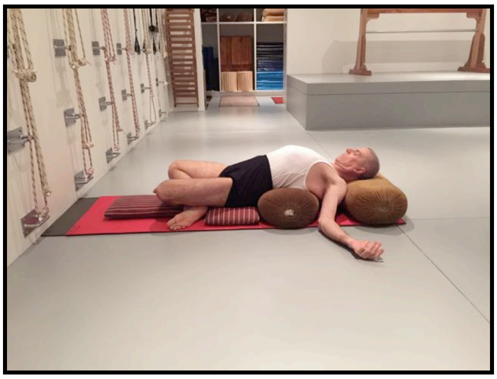
Setubandha Sarvangasana



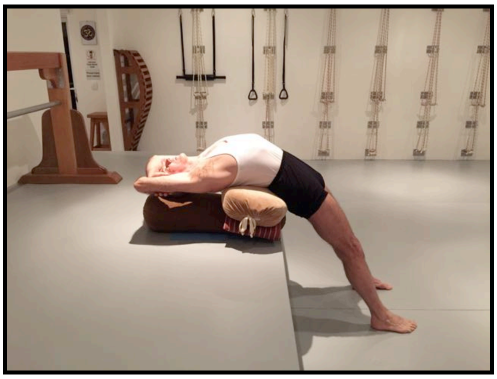
Supta Virasana



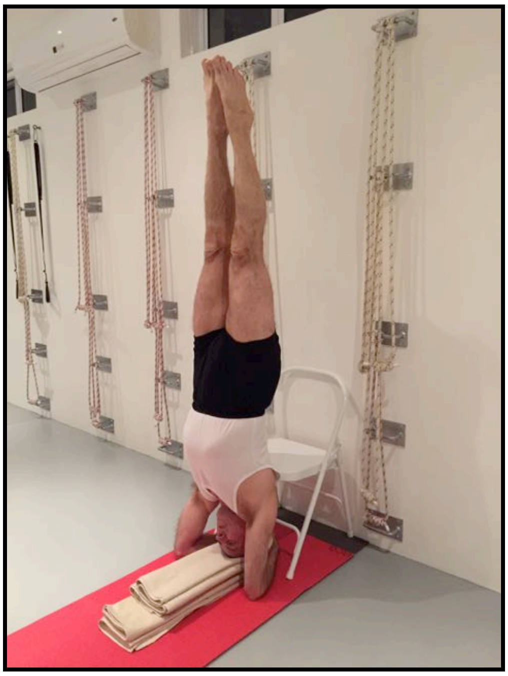
Supta Baddha Konasana



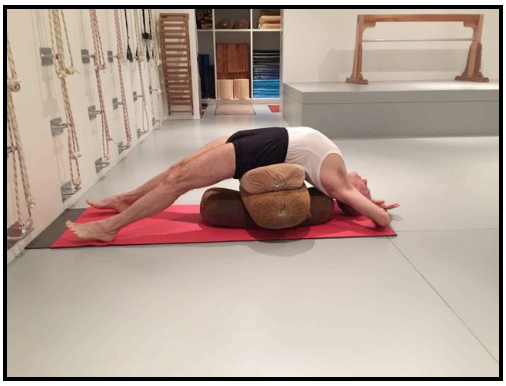
Supta Swastikasana



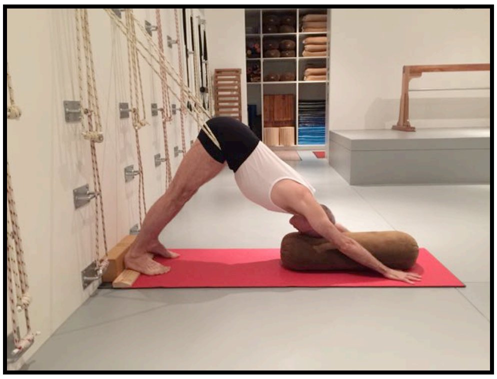
Salamba Purvottanasana



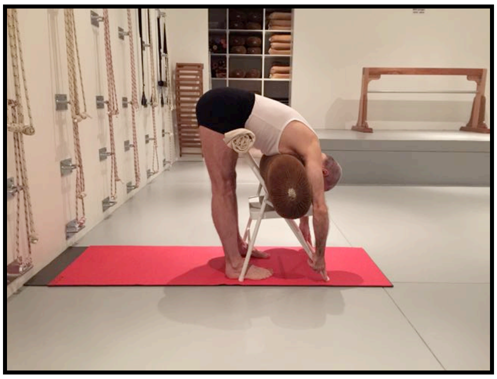
Salamba Sirsasana I with chair



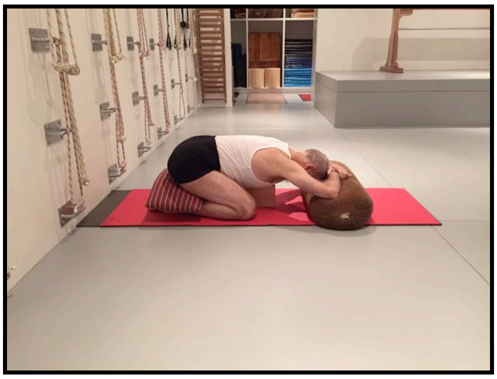
Setubandha Sarvangasana



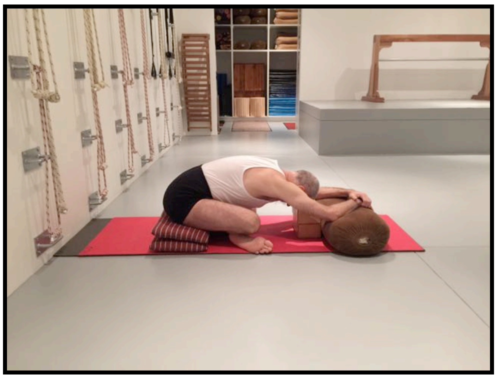
Rope Adho Mukha Svanasana



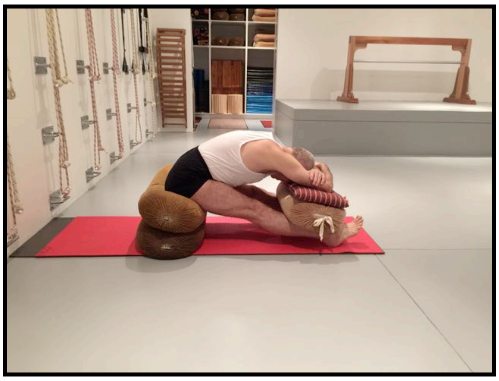
Uttanasana with chair



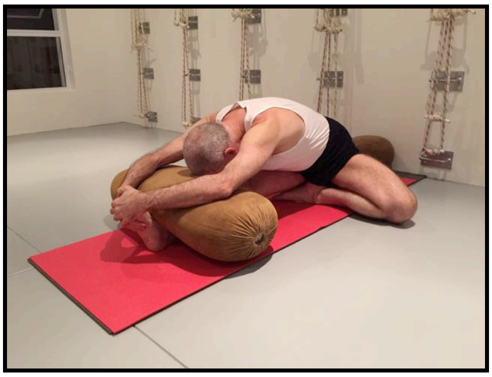
Adho Mukha Virasana



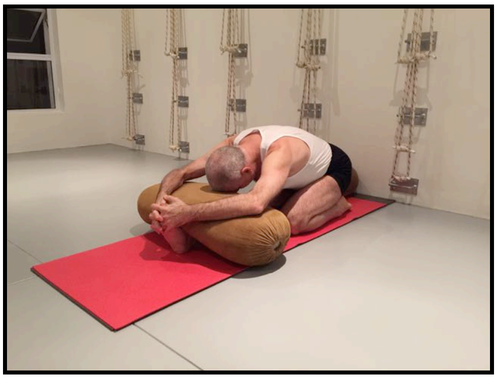
Adho Mukha Swastikasana



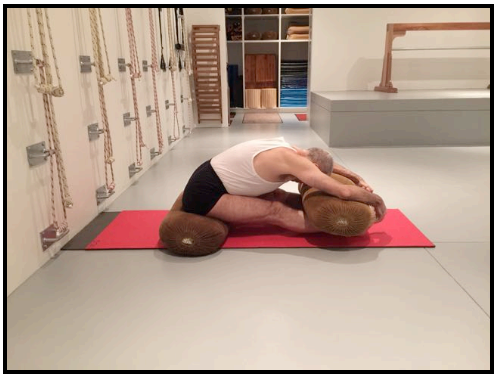
Paschimottanasana



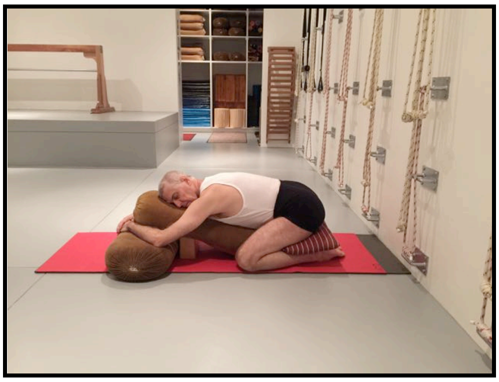
Janu Sirsasana



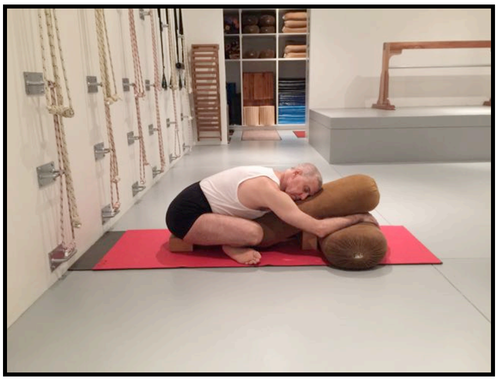
Triang Mukhaikapada
Paschimottanasana



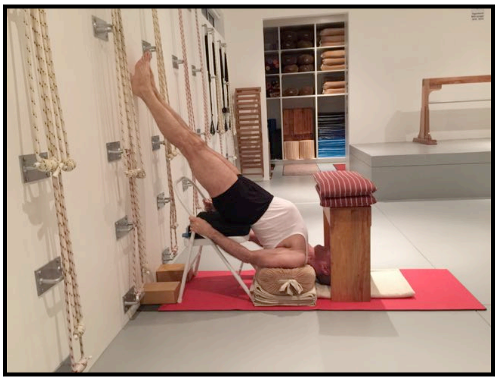
Paschimottanasana



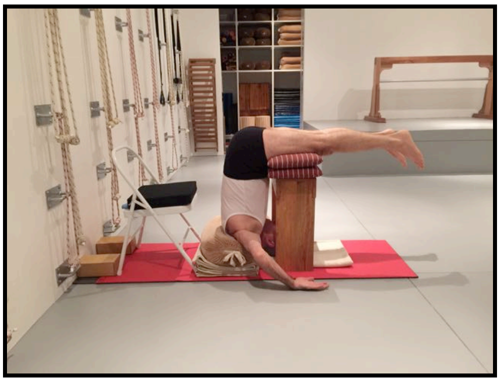
Adho Mukha Virasana



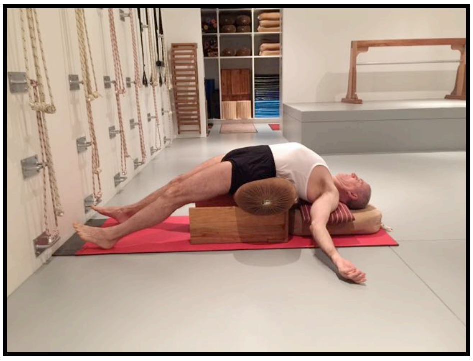
Adho Mukha Swastikasana



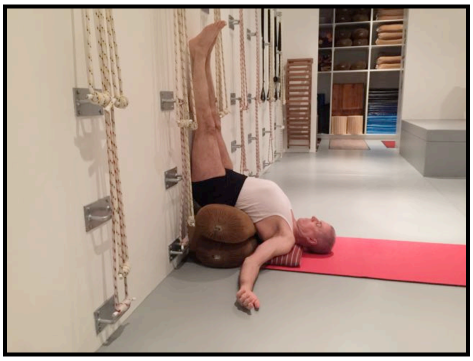
Chair Sarvangasana



Niralamba Halasana



Setubandha Sarvangasana

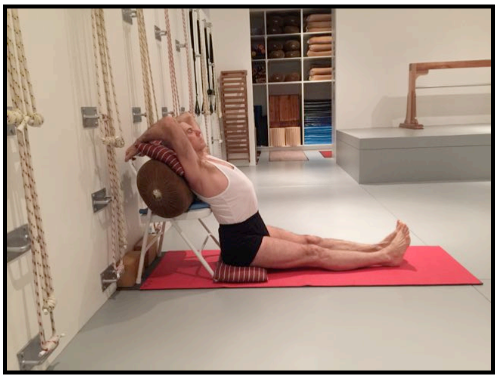


Viparita Karani

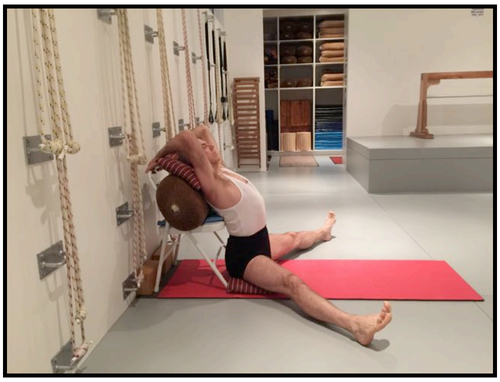
**Yoga Wisdom**

**As students of yoga you sever stop learning. You need to work constantly in your own practice and in your teaching.**

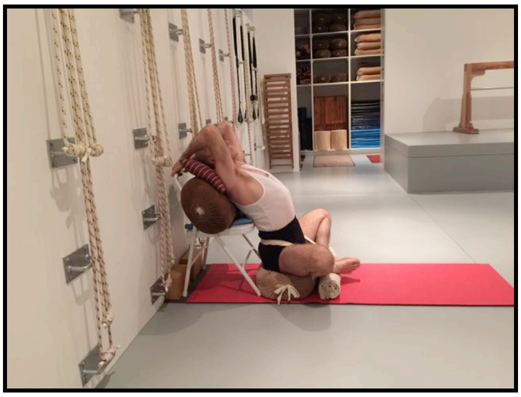
## Sequence 22



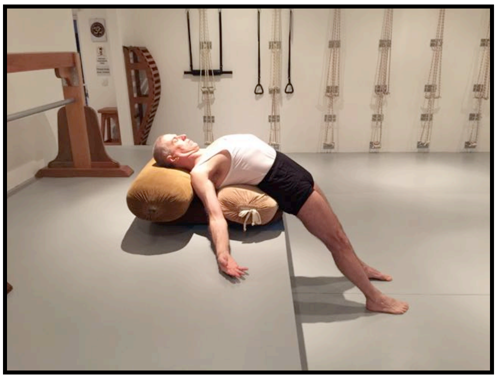
Upaashraya Dandasana
with chair



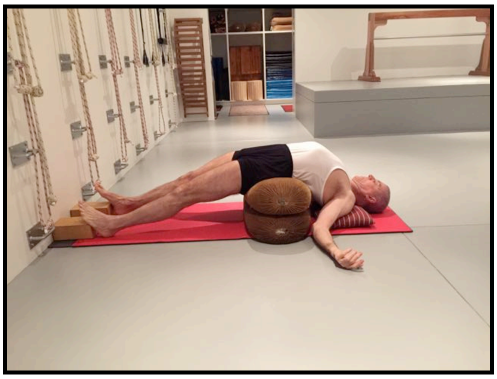
Upaashraya Upavistha
Konasana with chair



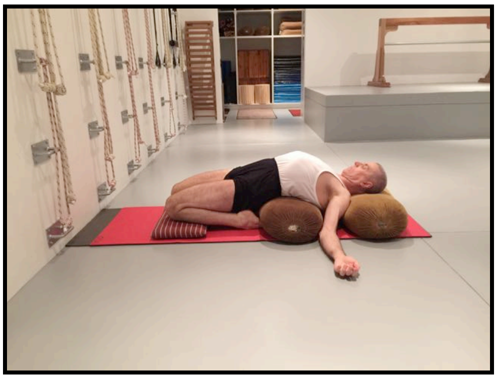
Upaashraya Baddha Konasana
with chair



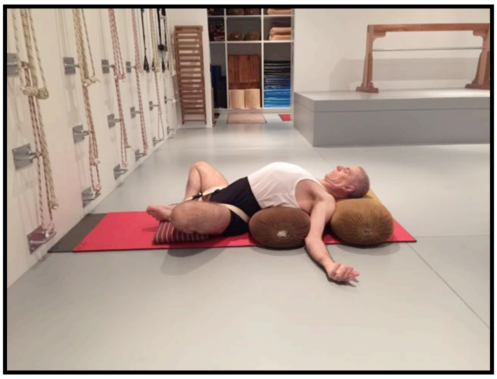
Salamba Purvottanasana



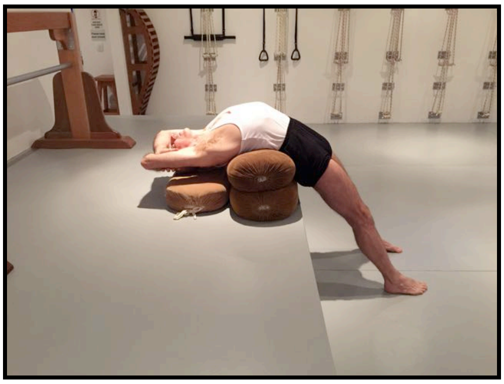
Setubandha Sarvangasana



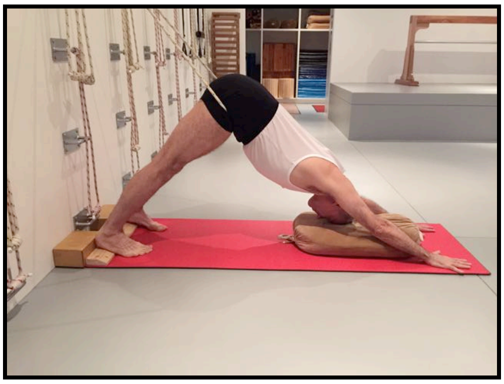
Supta Virasana



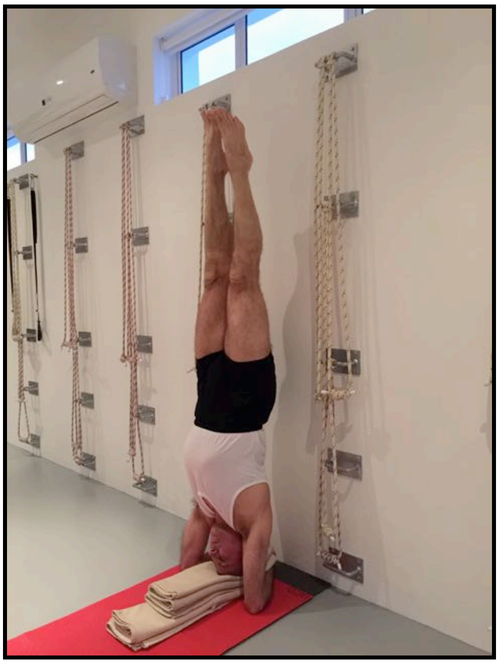
Supta Baddha Konasana



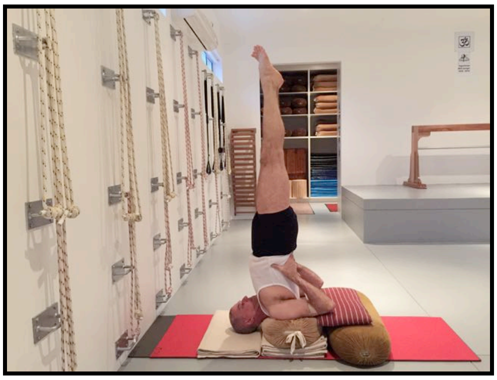
Salamba Purvottanasana



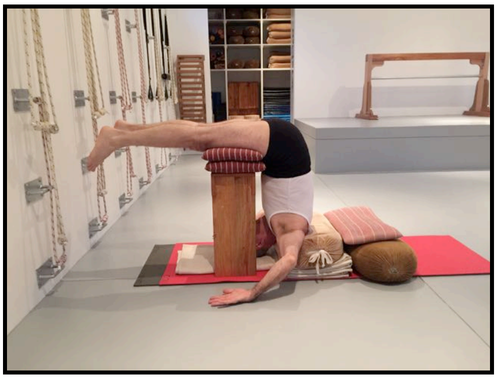
Rope Adho Mukha Svanasana



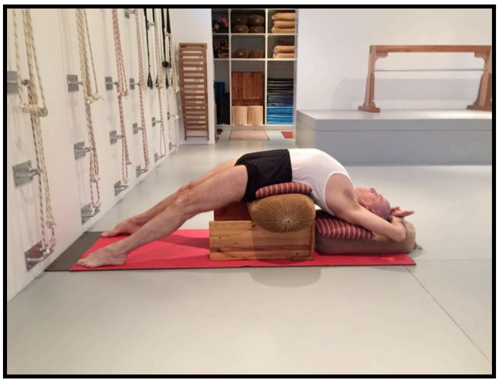
Salamba Sirsasana I



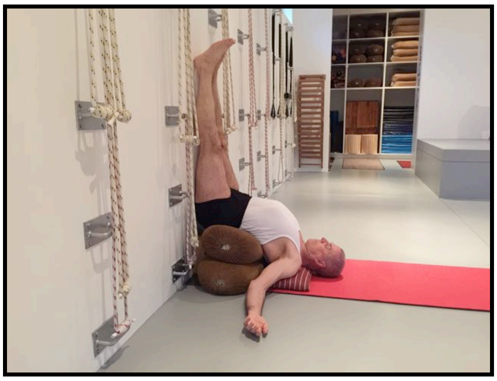
Salamba Sarvangasana I



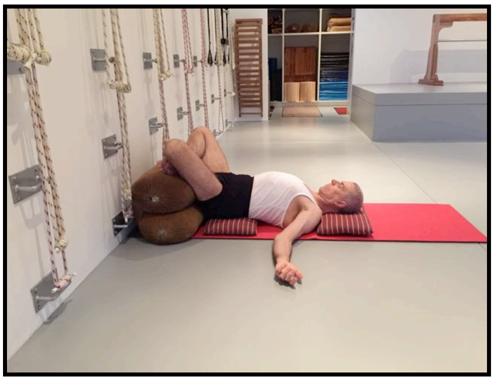
Niralamba Halasana



Setubandha Sarvangasana



Viparita Karani

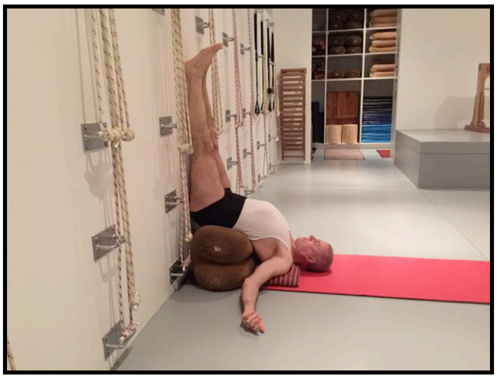


Supta Swastikasana

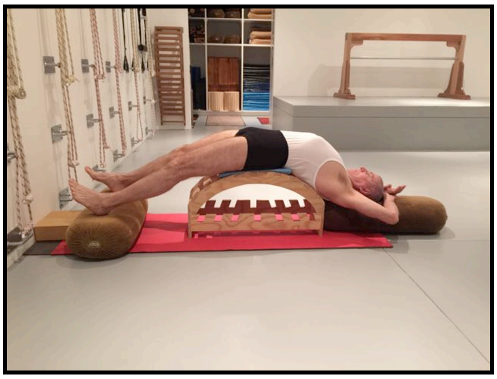
**Yoga Wisdom**

**Though we act as a teacher within ourselves we should be a learner**

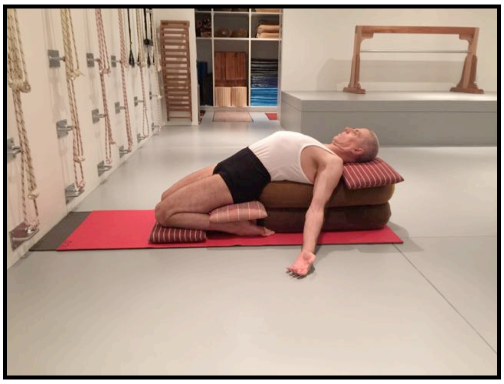
## Sequence 23



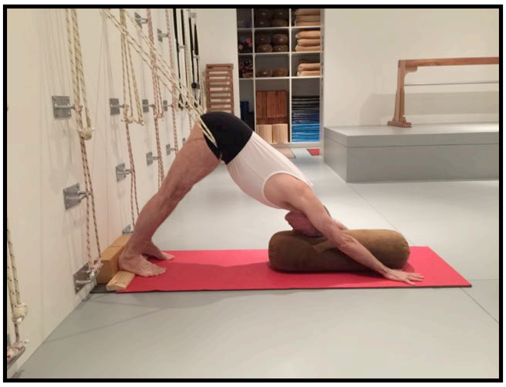
Viparita Karani



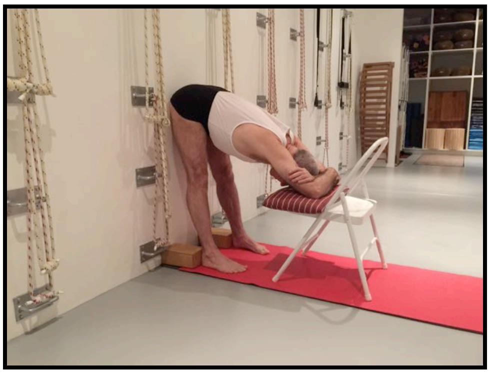
Setubandha Sarvangasana



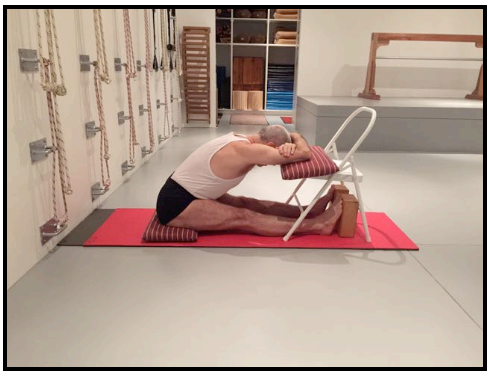
Supta Virasana



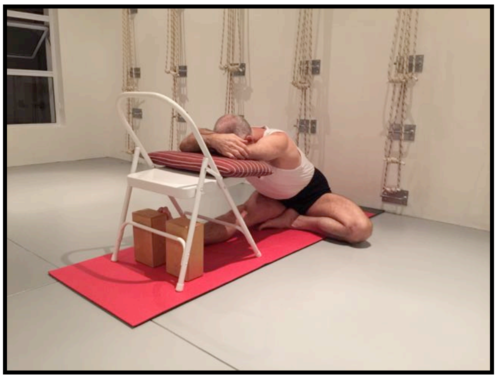
Rope Adho Mukha Svanasana



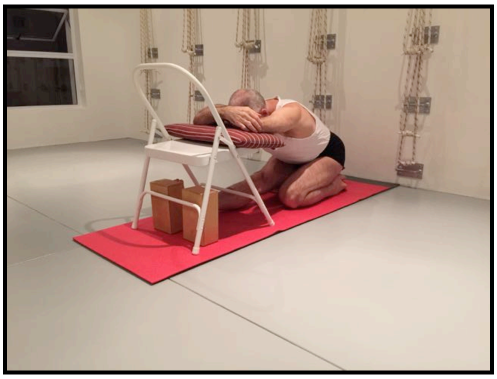
Ardha Uttanasana with chair



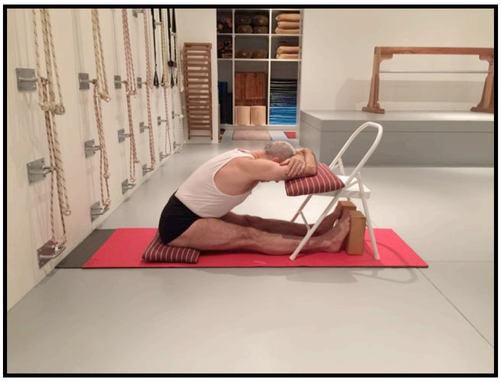
Paschimottanasana
with chair



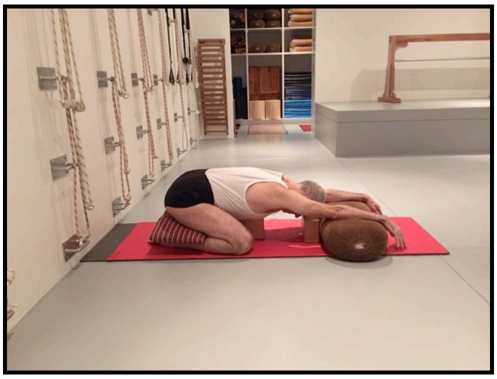
Janu Sirsasana with chair



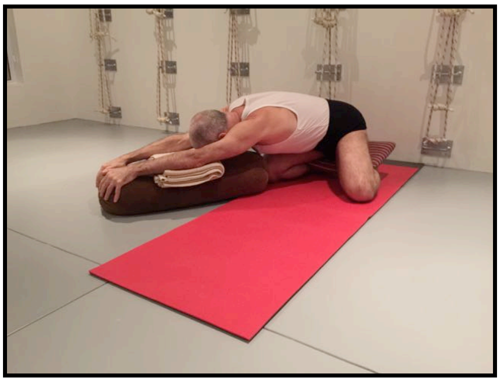
Triang Mukhaikapada
Paschimottanasana with chair



Paschimottanasana with chair



Adho Mukha Virasana



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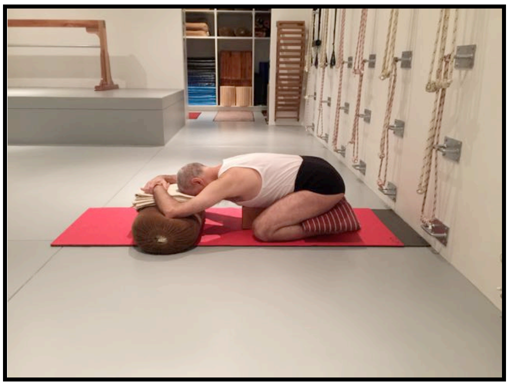

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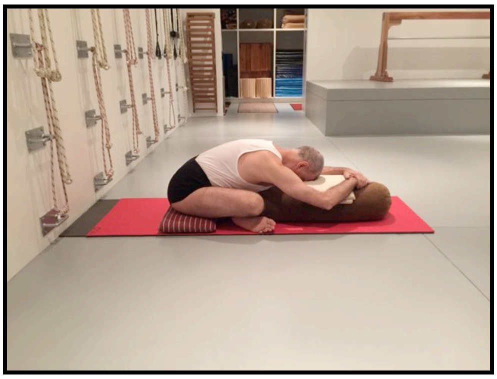
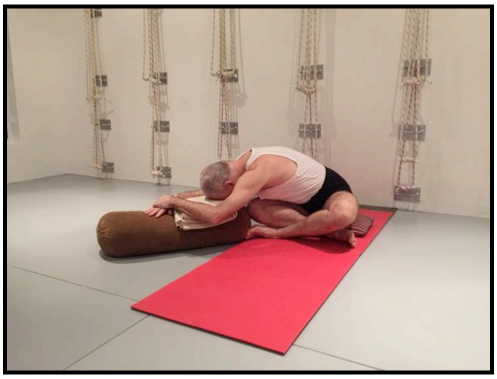
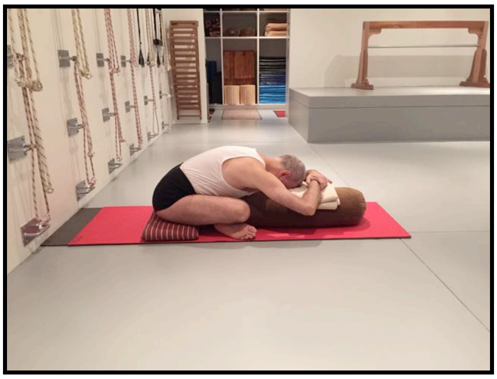


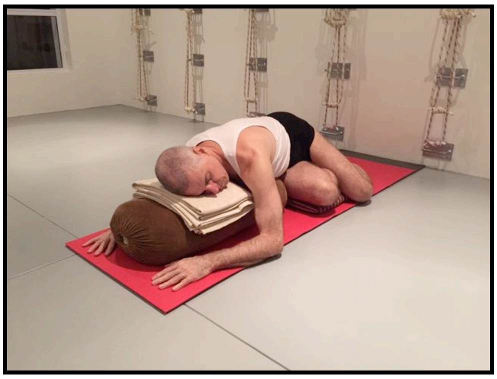
Adho Mukha Virasana



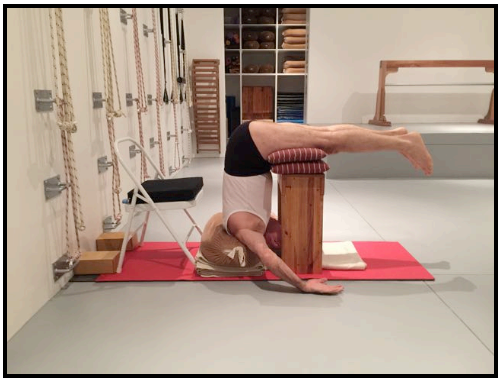
Parsva Adho Mukha
Swastikasana



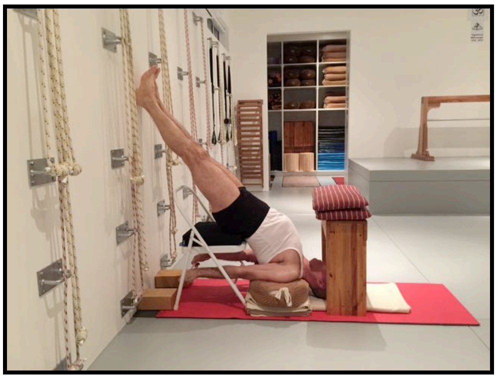
Adho Mukha Swastikasana



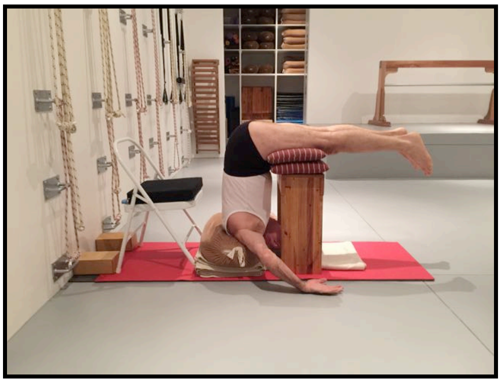
Parivrtta Pavanmuktasana



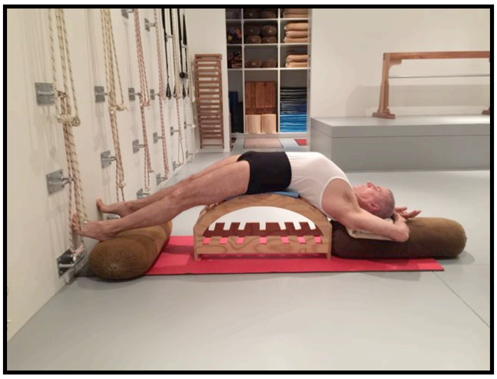
Niralamba Halasana



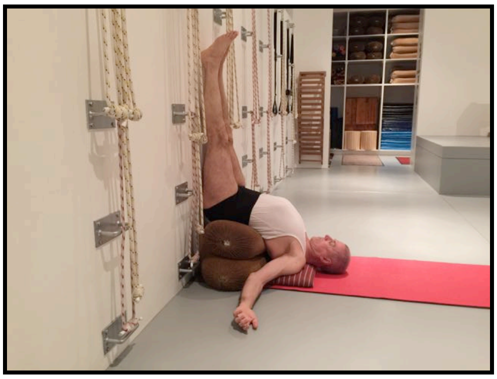
Chair Sarvangasana



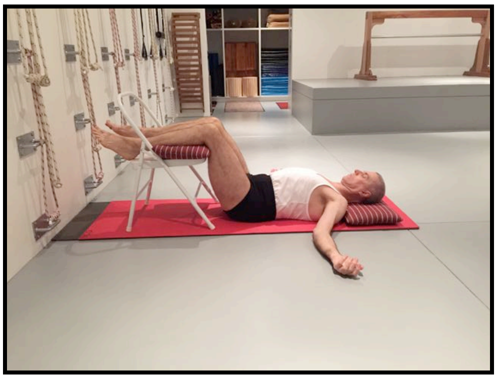
Niralamba Halasana



Setubandha Sarvangasana



Viparita Karani

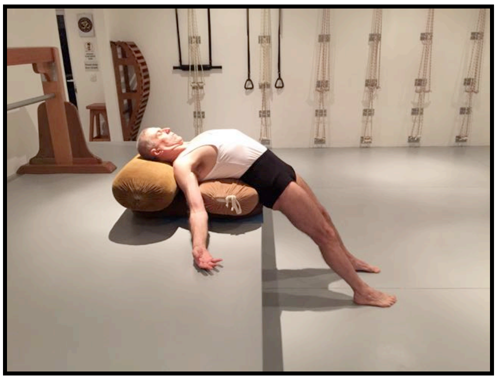


Chair Savasana

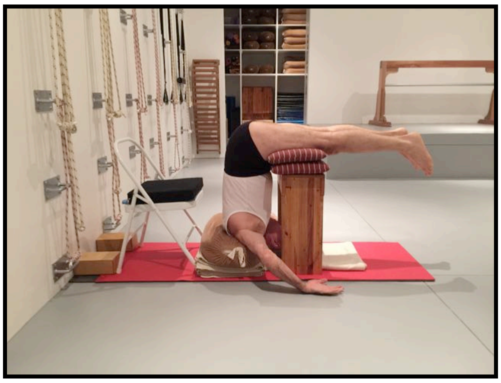
**Yoga Wisdom**

**If your approach is honest and you have faith in yourself, then the guidance comes from within.**

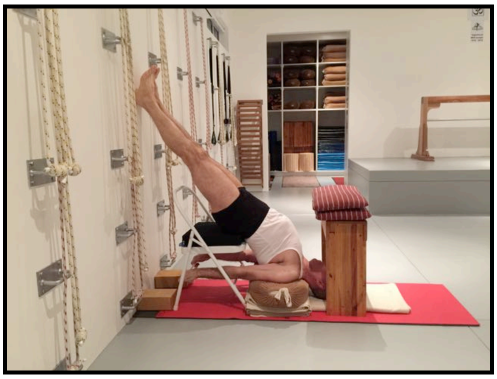
## Sequence 24



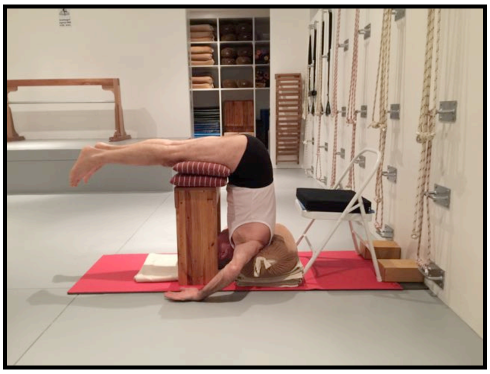
Salamba Purvottanasana



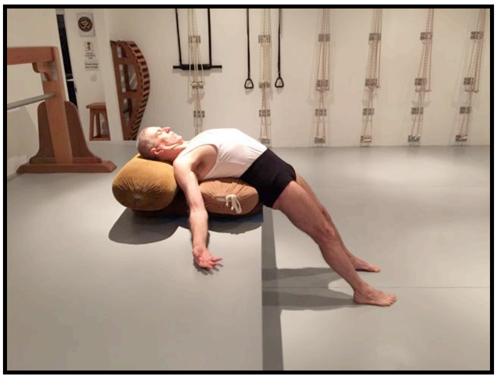
Niralamba Halasana



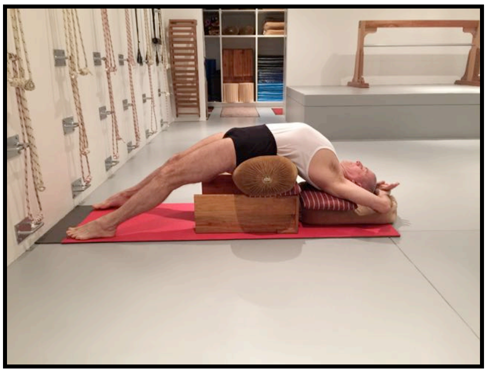
Chair Sarvangasana



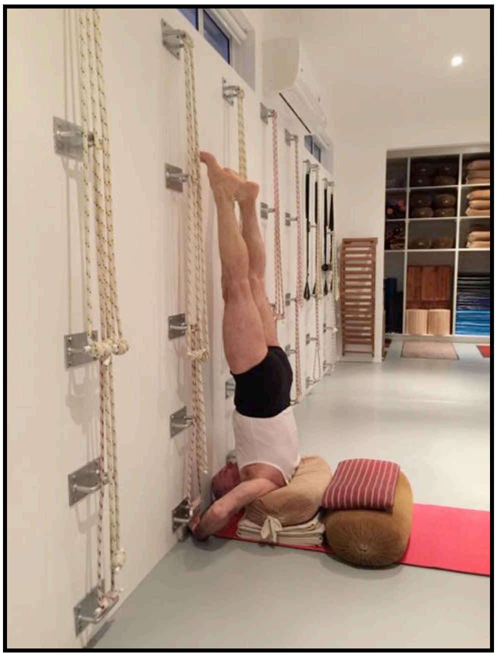
Niralamba Halasana



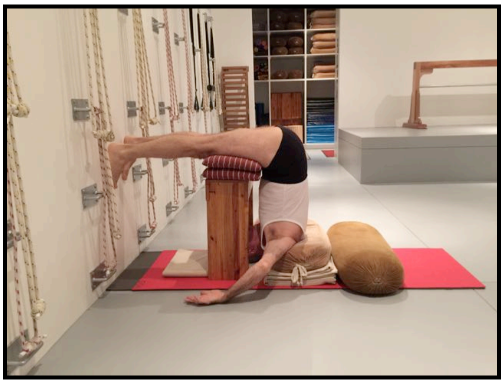
Salamba Purvottanasana



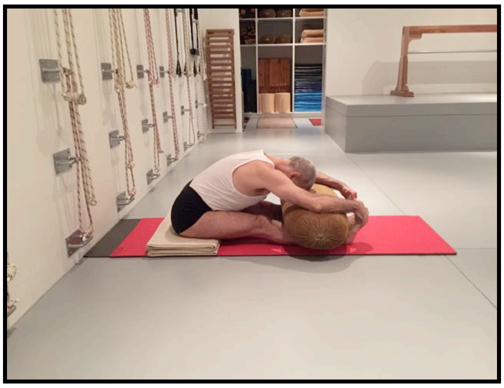
Setubandha Sarvangasana



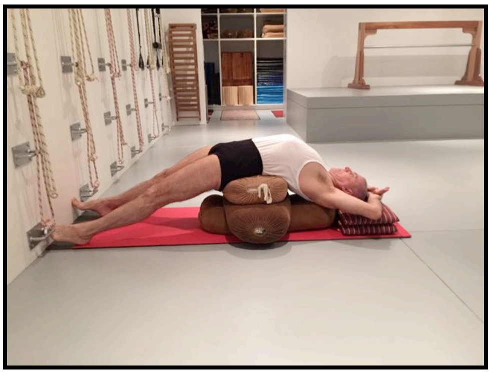
Niralamba Sarvangasana I



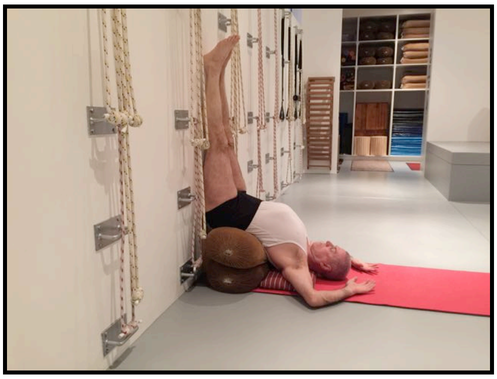
Niralamba Halasana



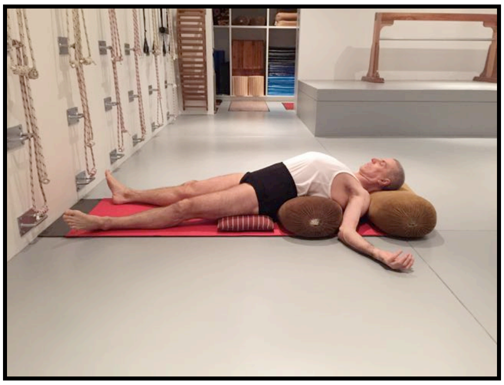
Paschimottanasana



Setubandha Sarvangasana



Viparita Karani

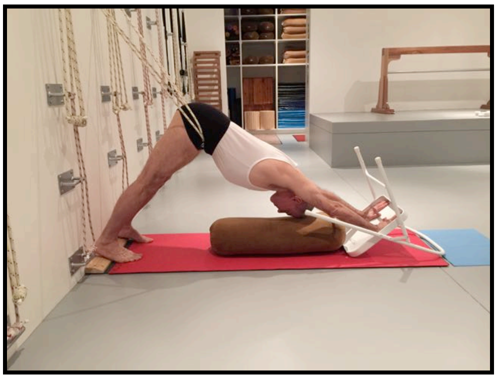


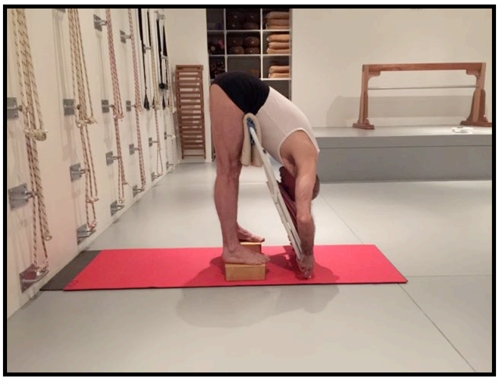
Bolster Savasana

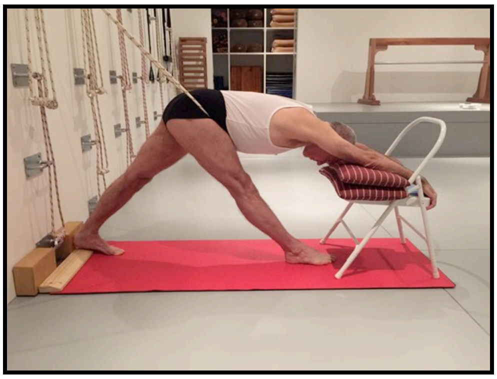
**Yoga Wisdom**

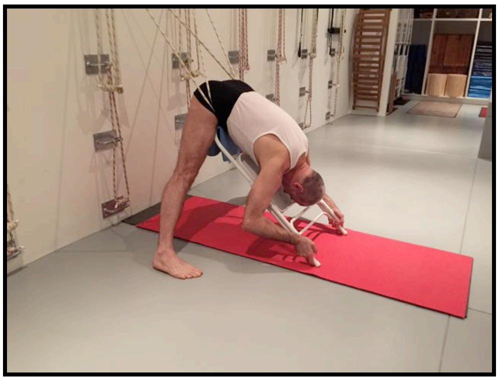
**If awareness has to flow in the right channel and spread everywhere,**
**the asanas has to be in a correct position.**

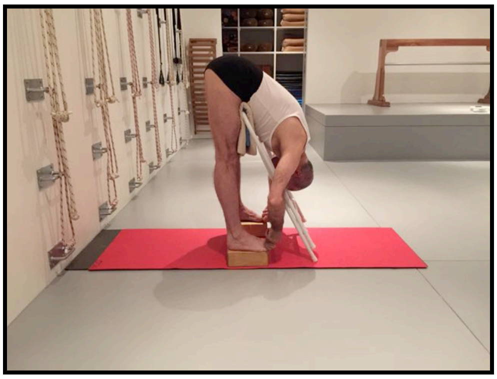
# Sequence 25

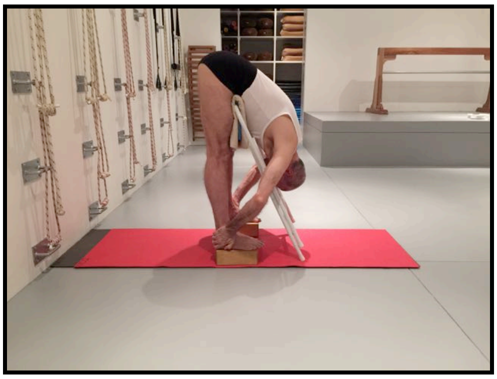

Adho Mukha Svanasana
with inverted chair

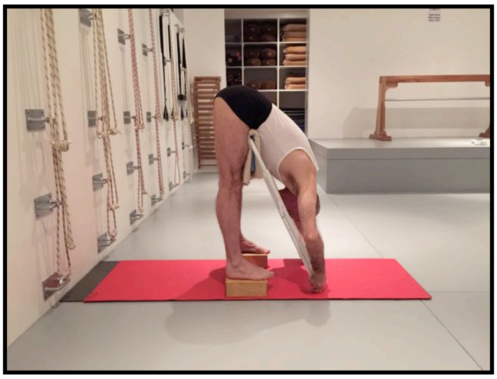

Uttanasana with chair


Parsvottanasana with chair
and rope

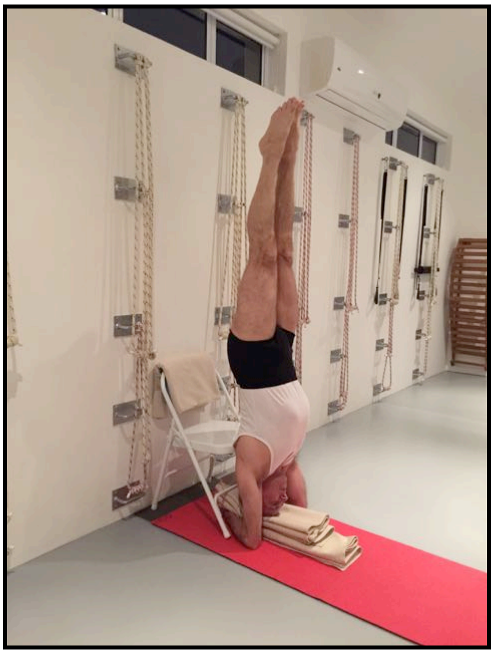

Prasarita Padottanasana I
with chair & rope


Padangusthasana with chair

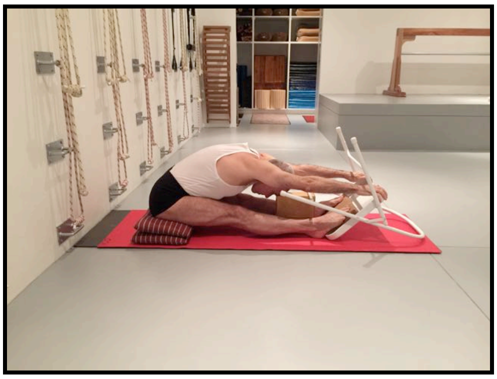

Padagulfasana with chair



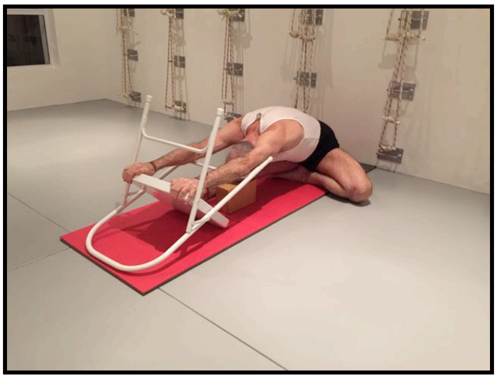
Uttanasana with chair



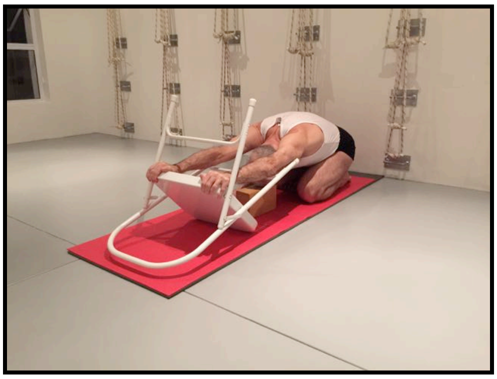
Salamba Sirsasana I with chair



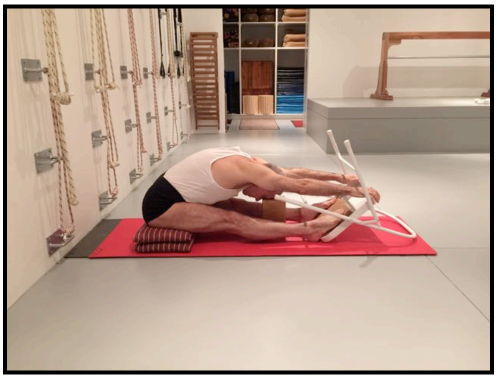
Paschimottanasana
with inverted chair



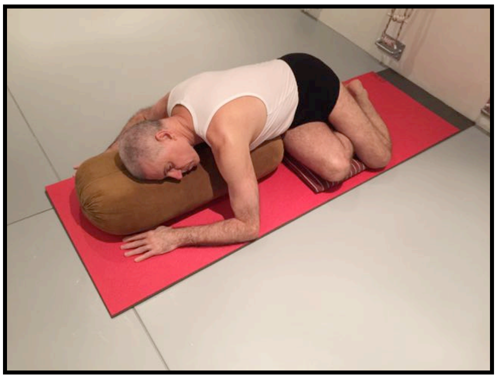
Janu Sirsasana
with inverted chair



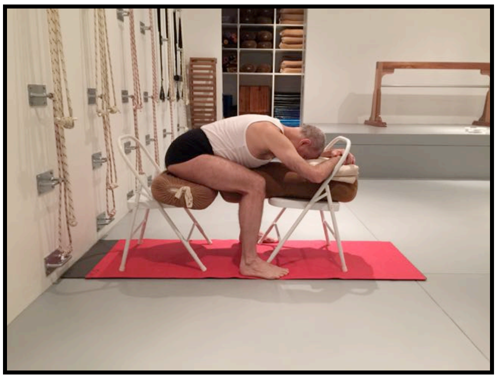
Triang Mukhaikapada
Paschimottanasana
with inverted chair



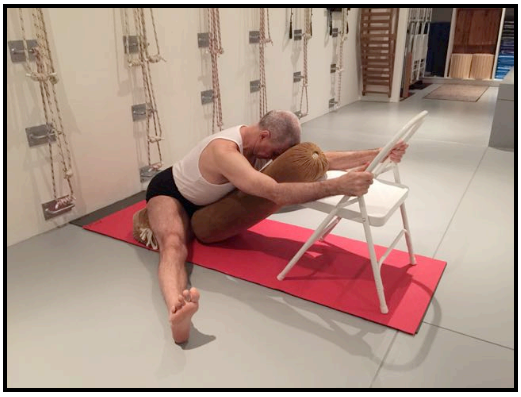
Paschimottanasana
with inverted chair



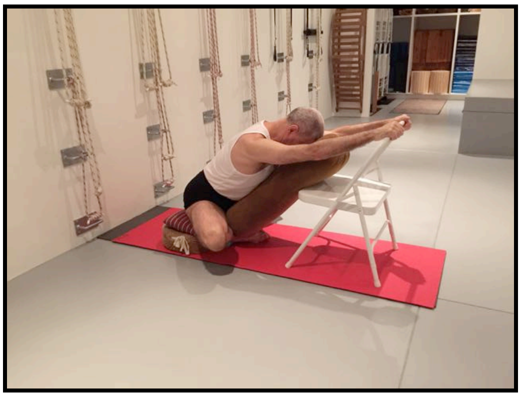
Parivrtta Pavanmuktasana



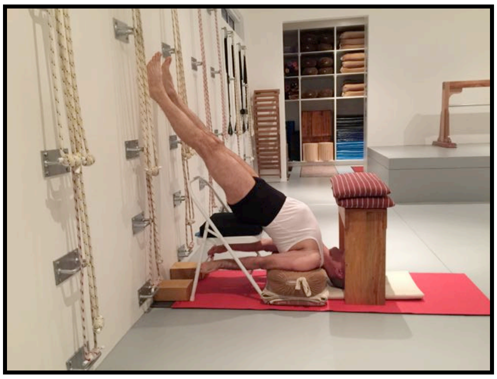
Adho Mukha Pavanmuktasana
with chairs



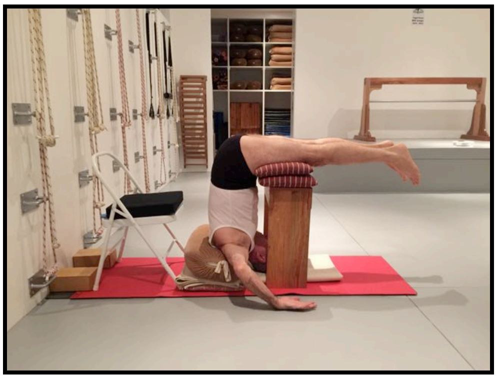
Adho Mukha Upavistha Konasana
with chair



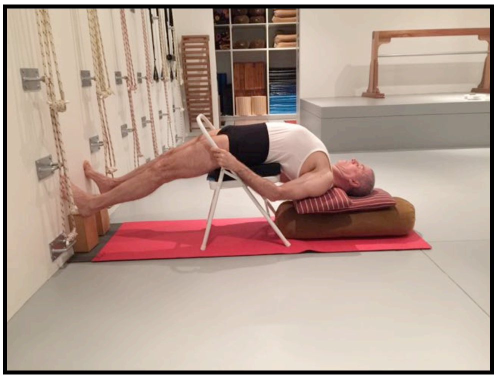
Adho Mukha Baddha Konasana
with chair



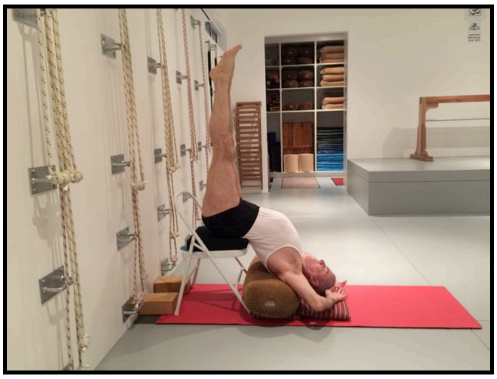
Chair Sarvangasana



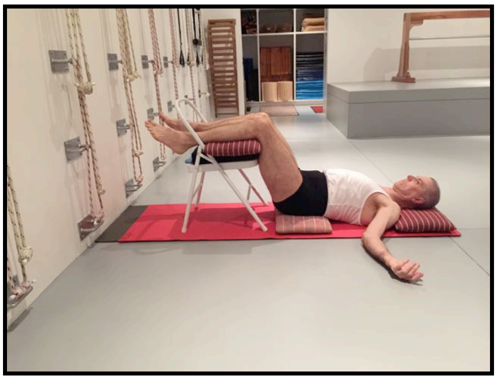
Niralamba Halasana



Chair Setubandha Sarvangasana



Chair Viparita Karani

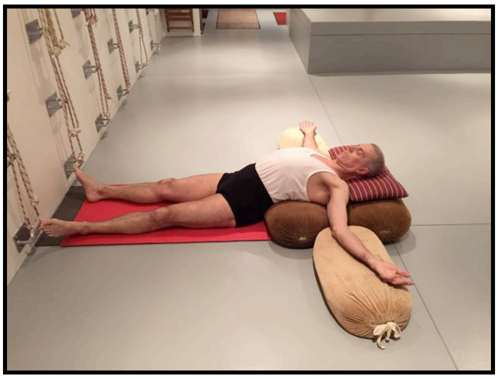


Chair Savasana

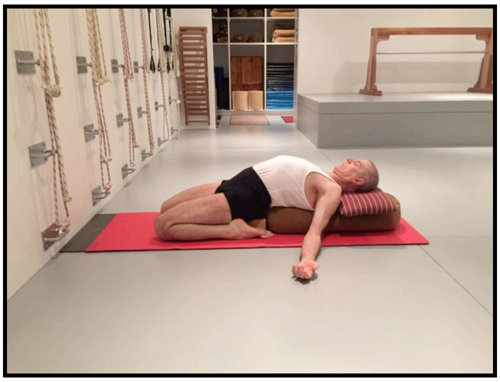
**Yoga Wisdom**

**In order to unite the Mind with the Soul the Body, which is the foundation, has to be kept healthy.**

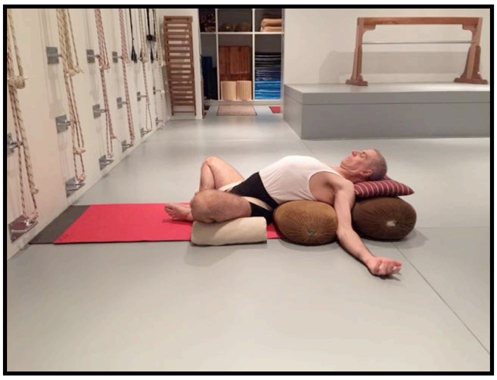
## Sequence 26



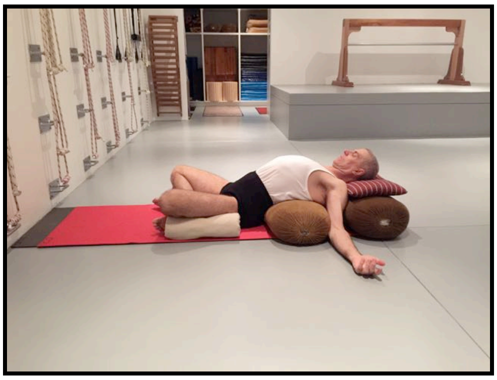
Bolster Savasana



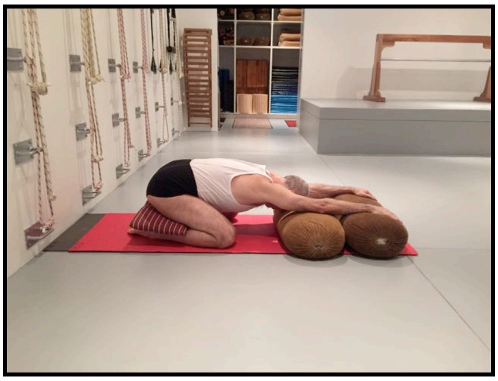
Supta Virasana



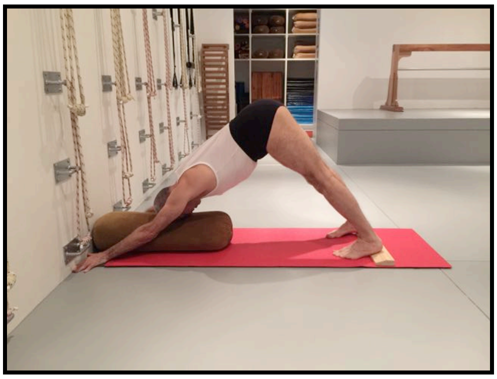
Supta Baddha Konasana



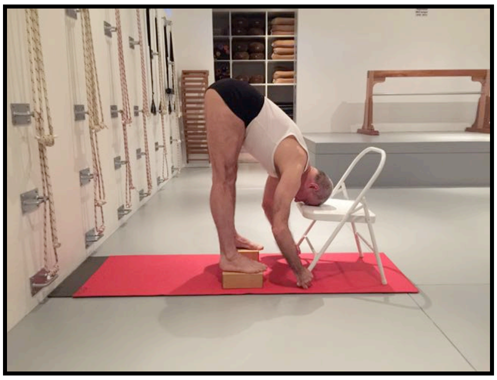
Supta Swastikasana



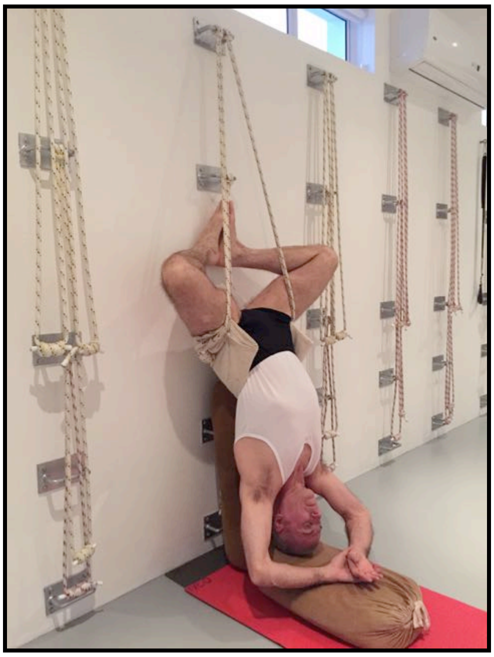
Adho Mukha Virasana



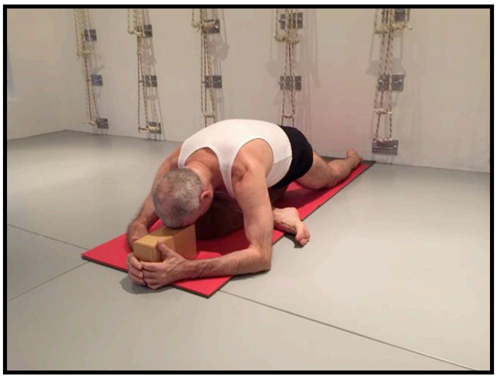
Adho Mukha Svanasana



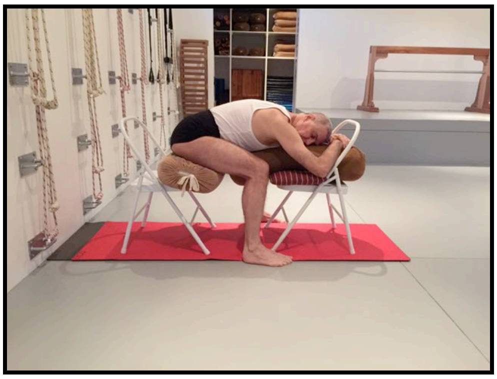
Uttanasana with chair



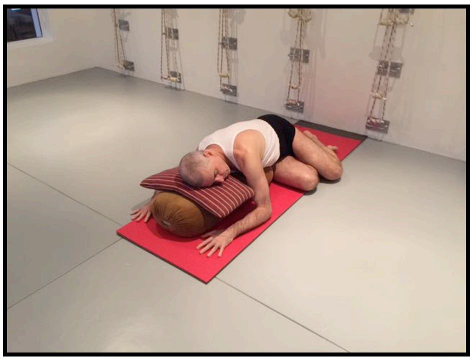
Rope Sirsasana



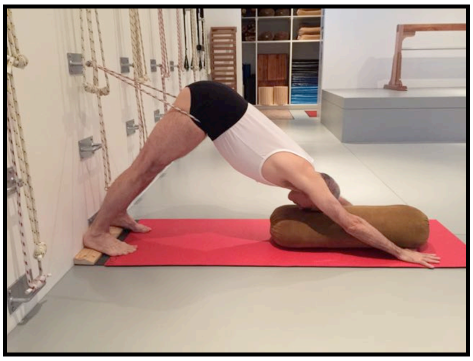
Eka Pada Rajakapotasana forward



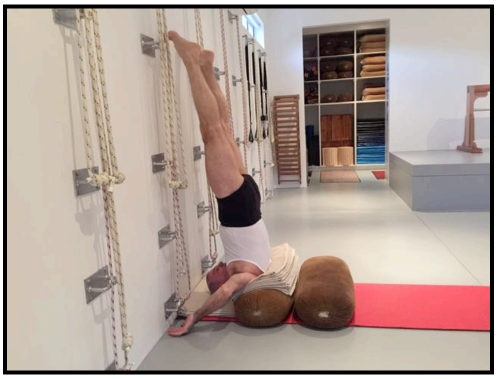
Adho Mukha Pavanmuktasana with chairs



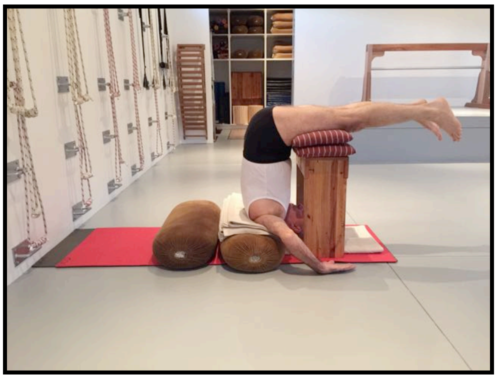
Parivrtta Pavanmuktasana



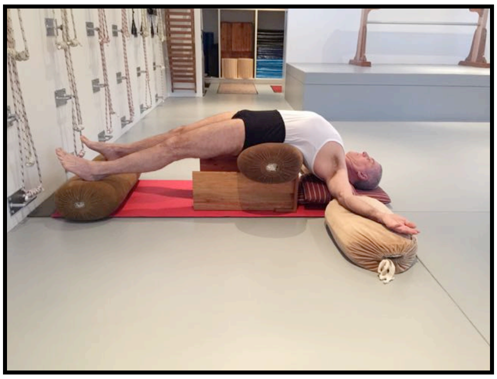
Rope Adho Mukha Svanasana



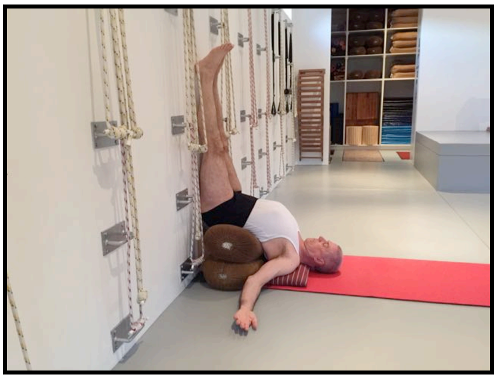
Niralamba Sarvangasana



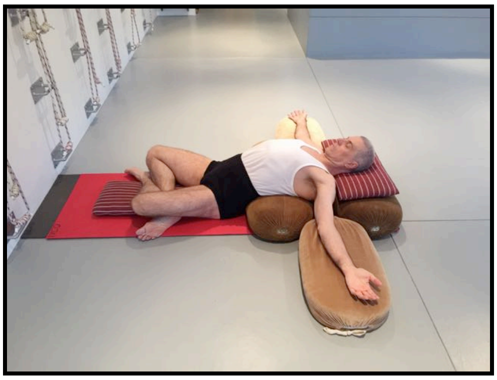
Niralamba Halasana



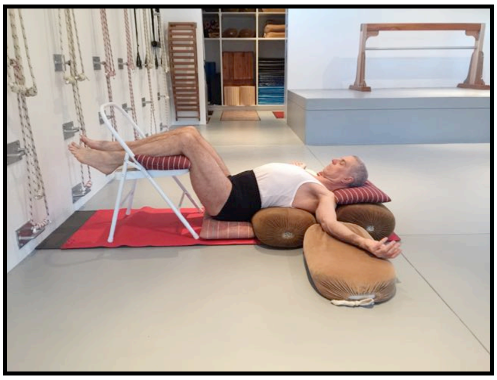
Setubandha Sarvangasana



Viparita Karani



Supta Swastikasana

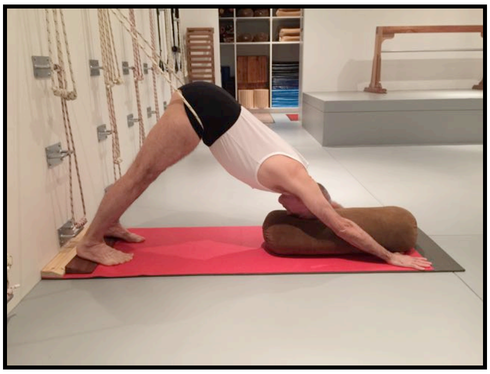


Chair Savasana

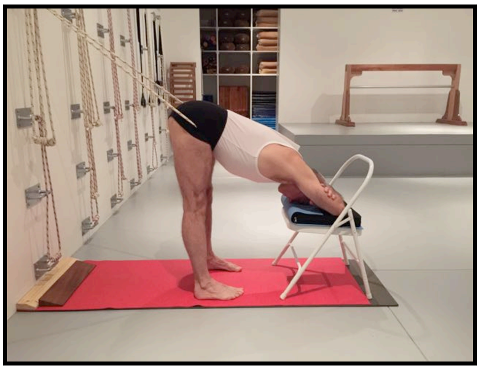
**Yoga Wisdom**

**If one wants to have sharpness and alertness whilst practising yoga, then one has to change his food habits.**

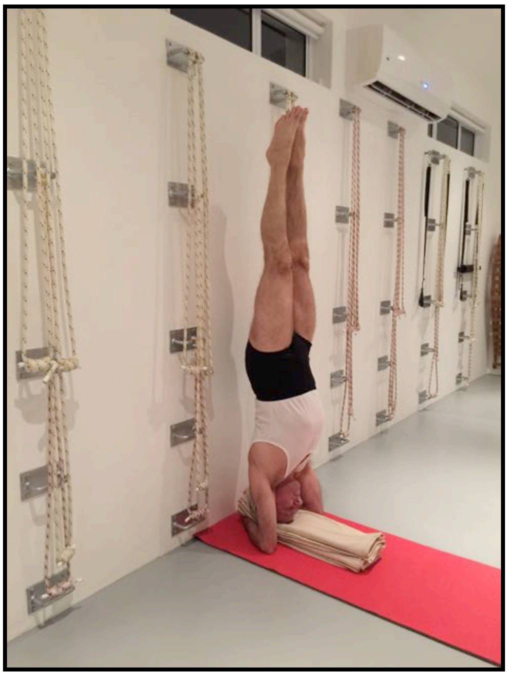
## Sequence 27



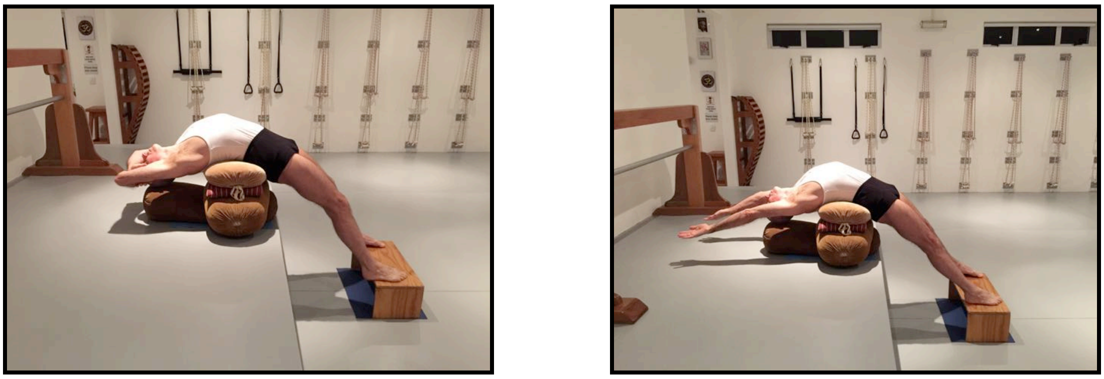
Rope Adho Mukha Svanasana



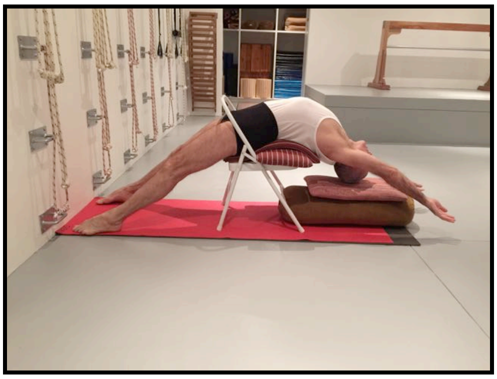
Uttanasana with chair and rope



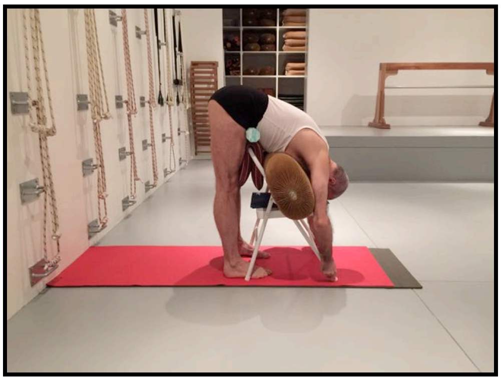
Salamba Sirsasana I



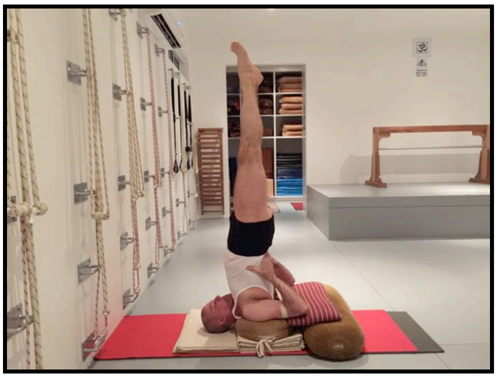
Dwi Pada Viparita Dandasana



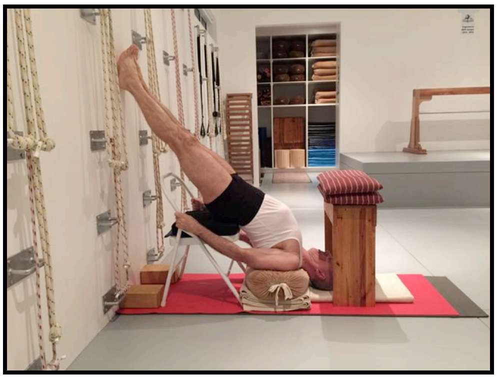
Chair Dwi Pada Viparita Dandasana



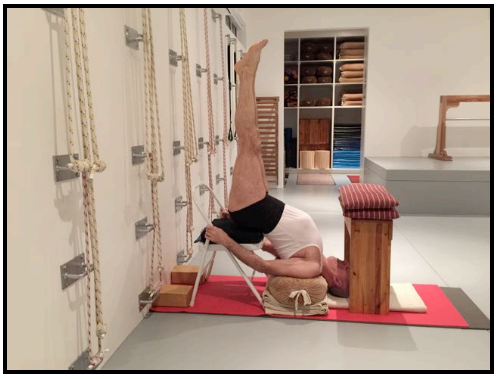
Uttanasana with chair



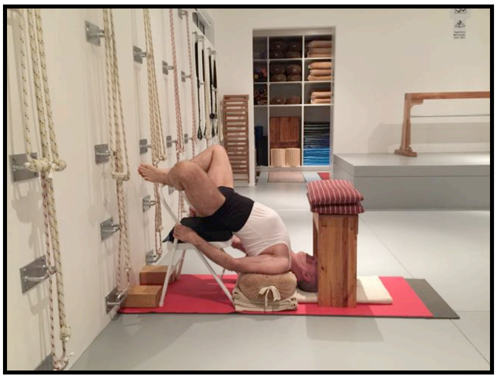
Salamba Sarvangasana I



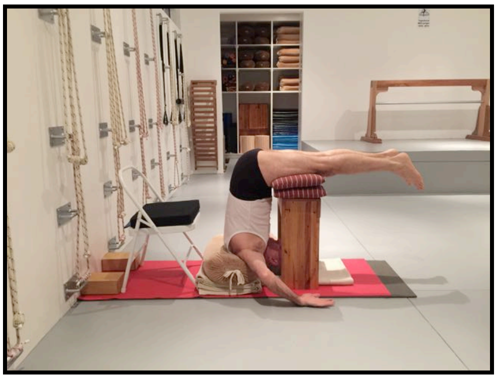
Chair Sarvangasana



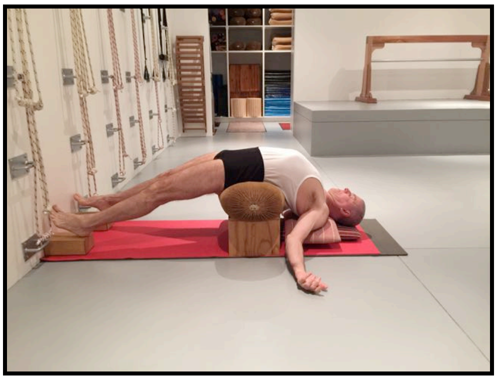
Chair Viparita Karani Sarvangasana



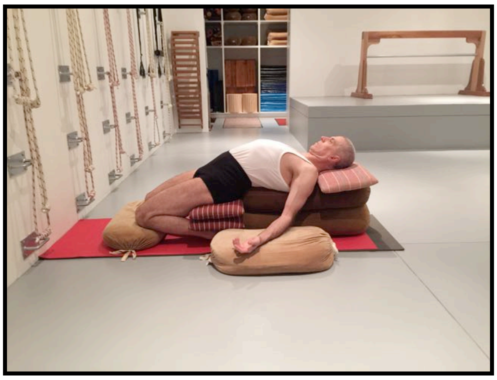
Chair Baddha Konasana Sarvangasana



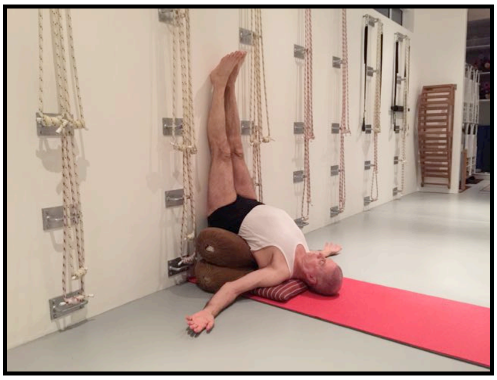
Niralamba Halasana



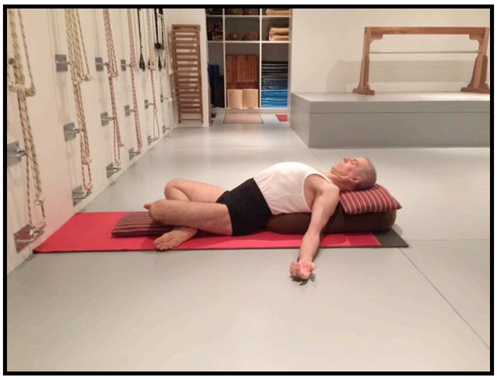
Setubandha Sarvangasana



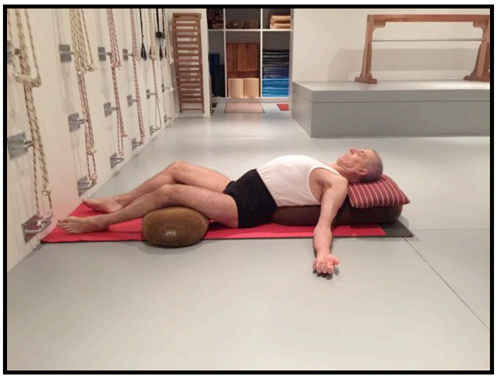
Supta Virasana



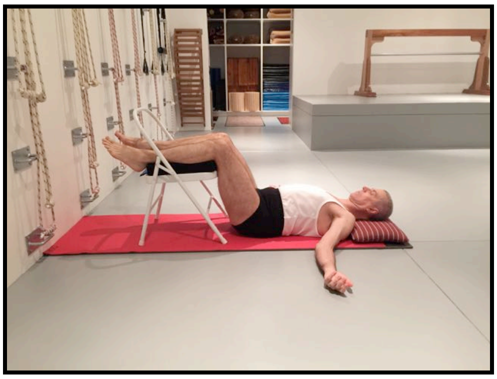
Viparita Karani



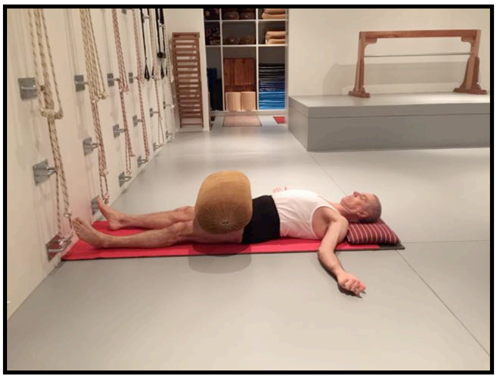
Supta Swastikasana



Bolster Savasana



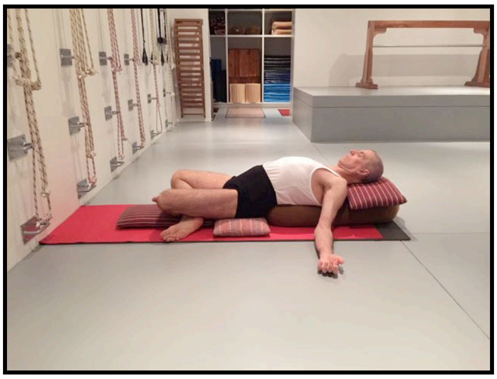
Chair Savasana



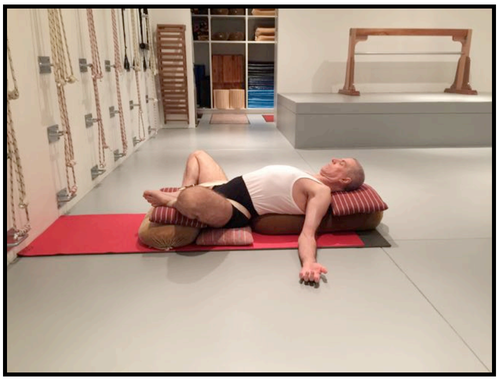
**Yoga Wisdom**

**Yoga practice teachers fast recovery from stiffness, heaviness, dullness and fatigue**

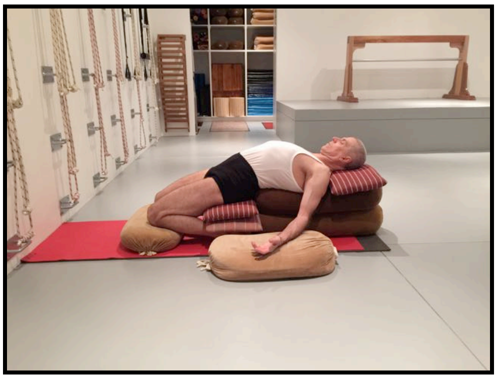
## Sequence 28



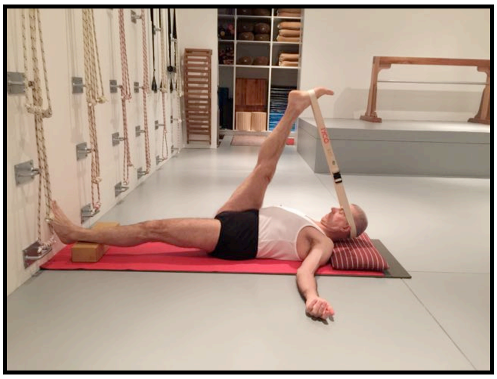
Supta Swastikasana



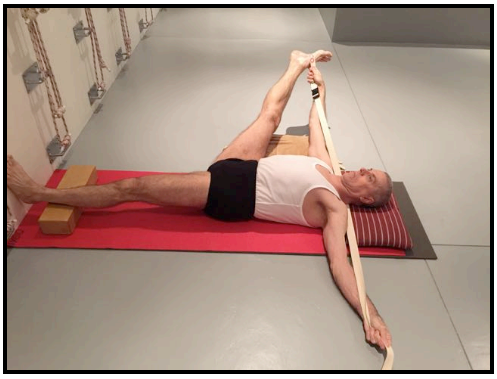
Supta Baddha Konasana



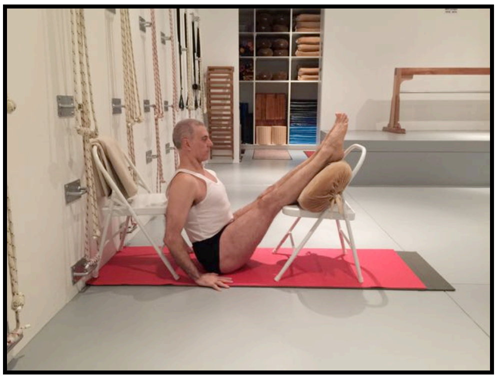
Supta Virasana



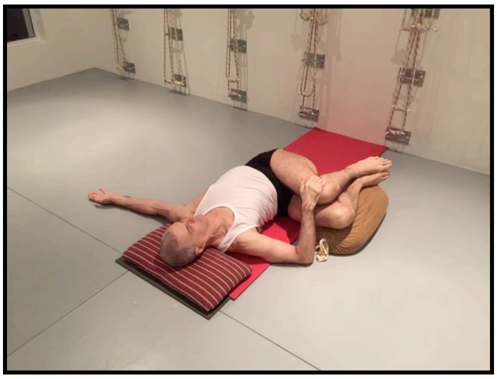
Supta Padangusthasana I



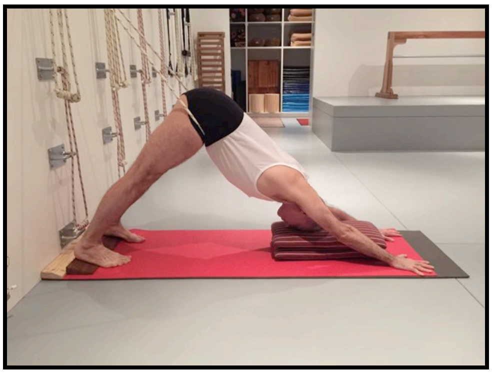
Supta Padangusthasana II



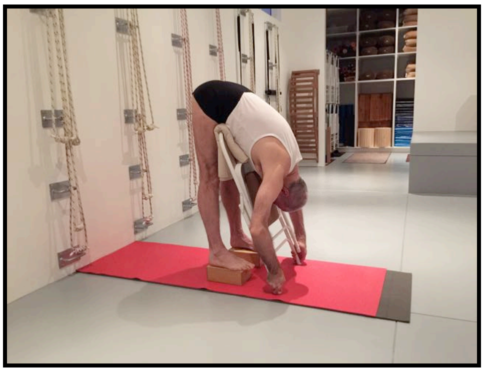
Paripurna Navasana with chairs



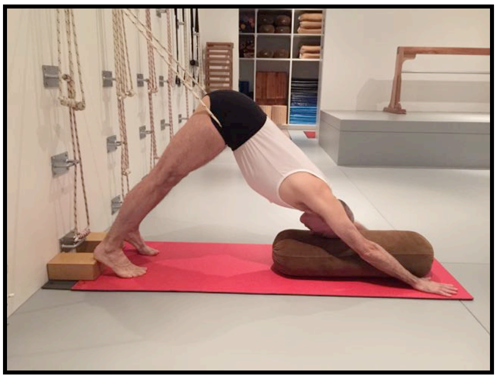
Jathara Parivartanasana



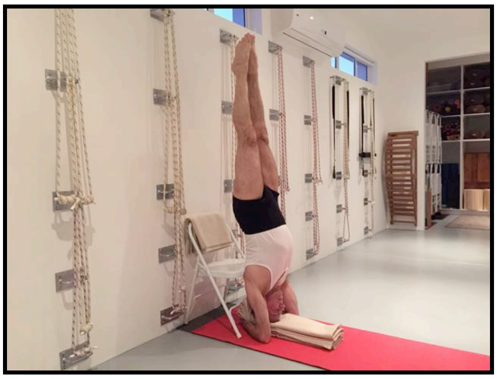
Rope Adho Mukha Svanasana



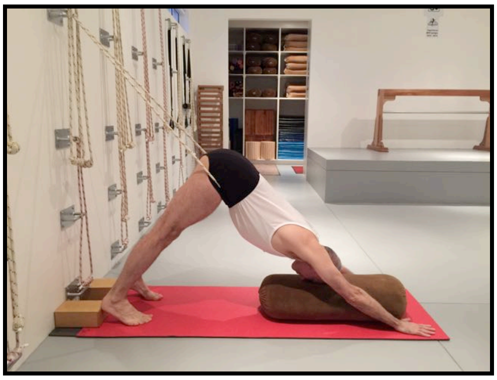
Uttanasana with chair



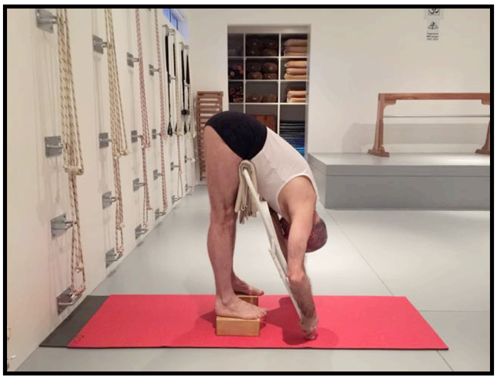
Rope Adho Mukha Svanasana



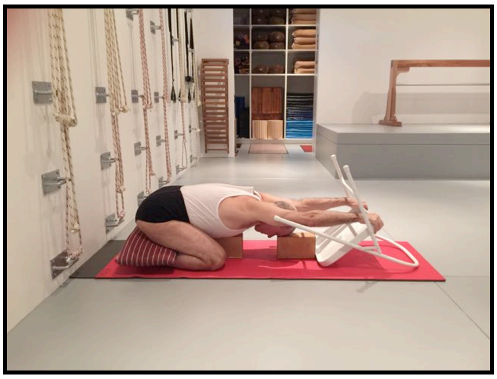
Salamba Sirsasana I
with chair



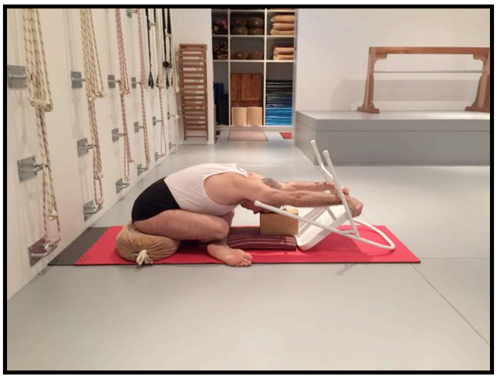
Rope Adho Mukha Svanasana



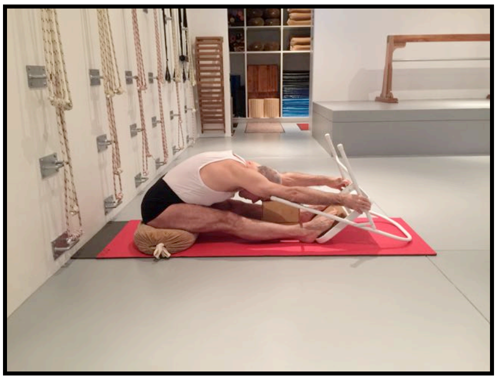
Uttanasana with chair



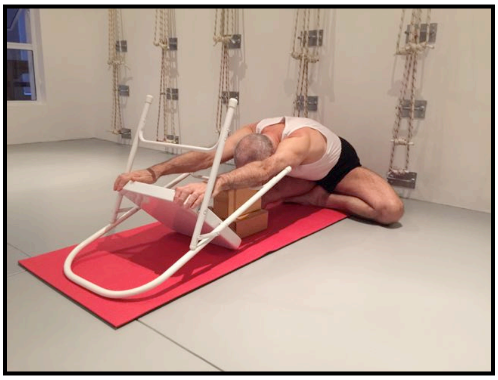
Adho Mukha Virasana
with inverted chair



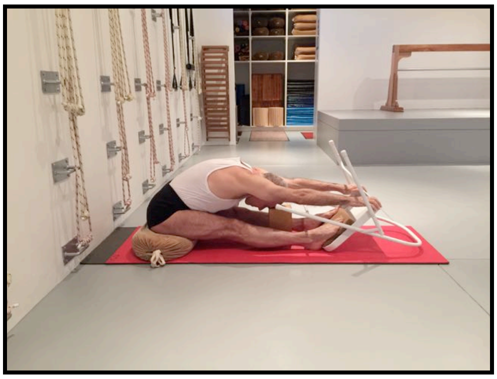
Adho Mukha Swastikasana
with inverted chair



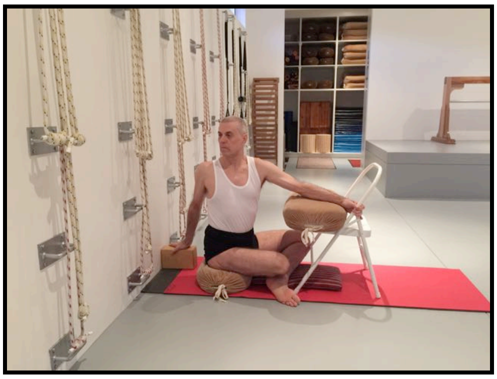
Paschimottanasana
with inverted chair



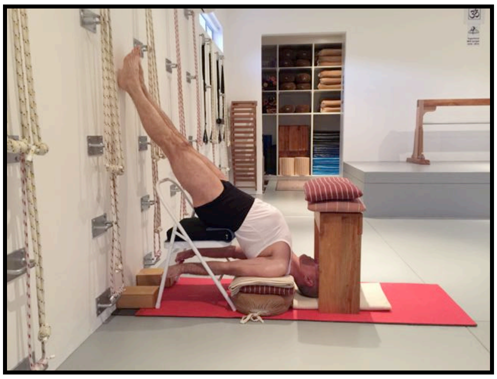
Janu Sirsasana
with inverted chair



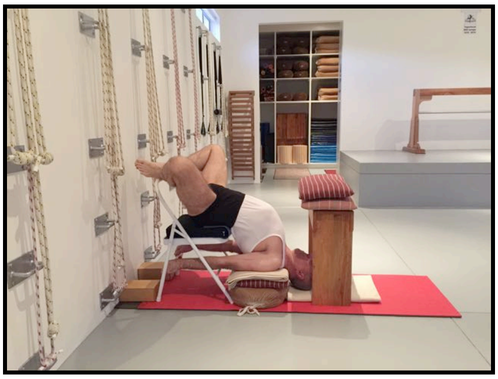
Paschimottanasana
with inverted chair



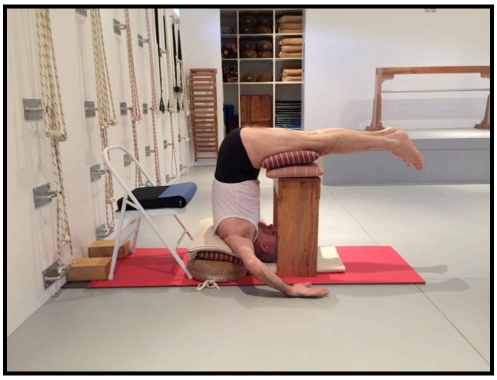
Chair Parsva Swastikasana



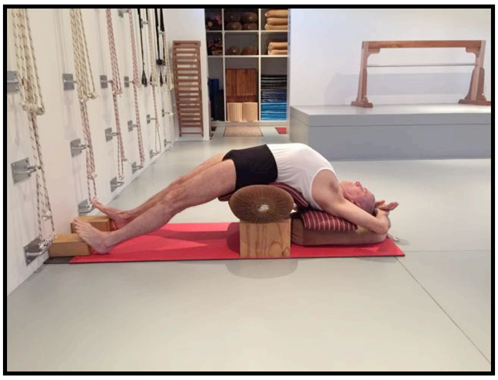
Chair Sarvangasana



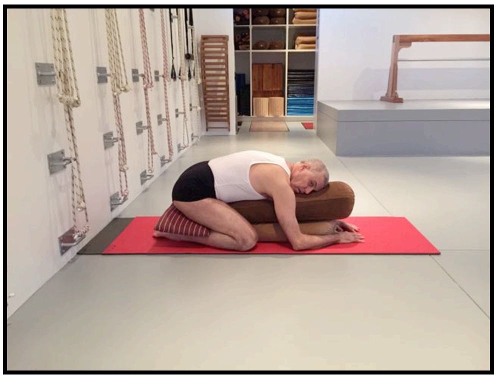
Chair Baddha Konasana Sarvangasana



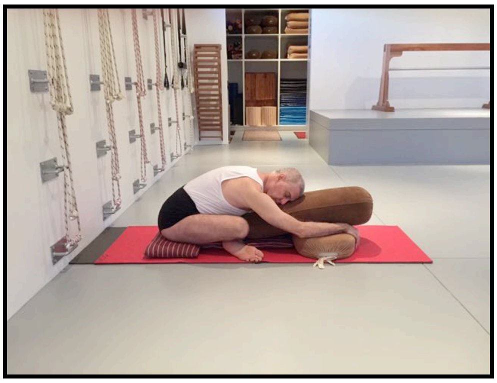
Niralamba Halasana



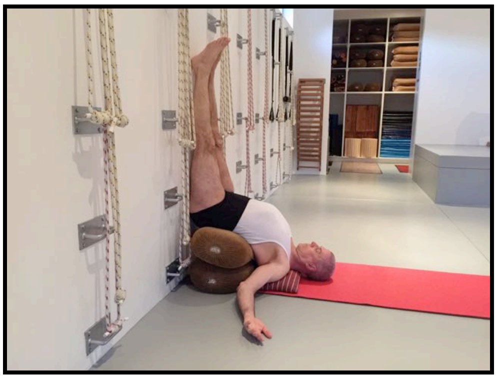
Setubandha Sarvangasana



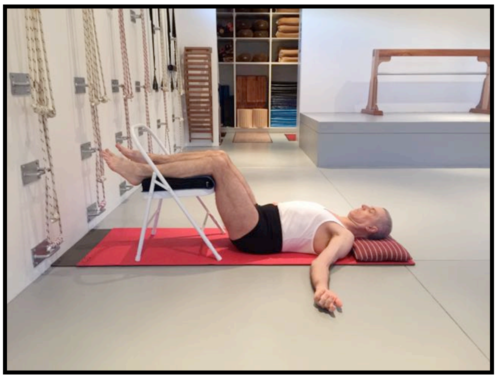
Adho Mukha Virasana



Adho Mukha Swastikasana



Viparita Karani

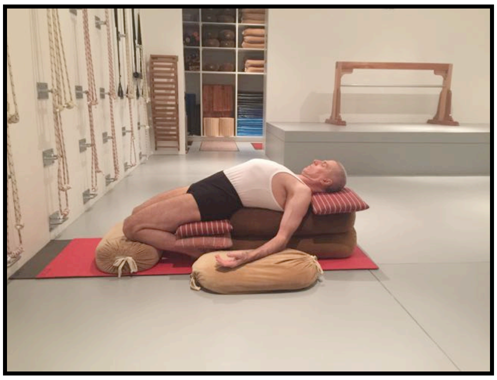


Chair Savasana

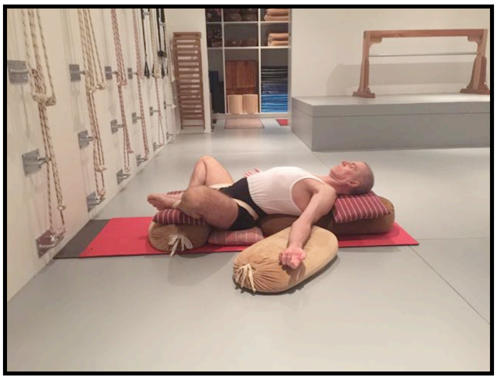
**Yoga Wisdom**

**A good teacher helps you explore the maximum.**

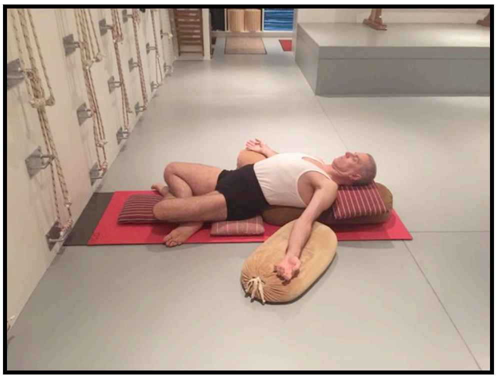
## Sequence 29



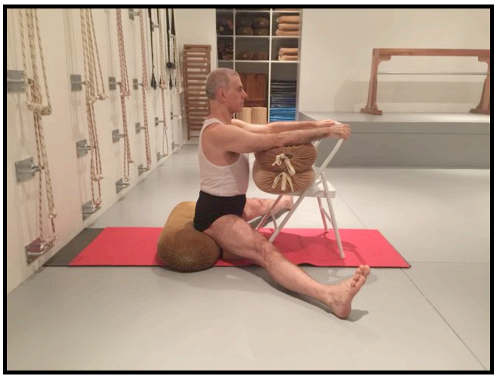
Adho Mukha Virasana



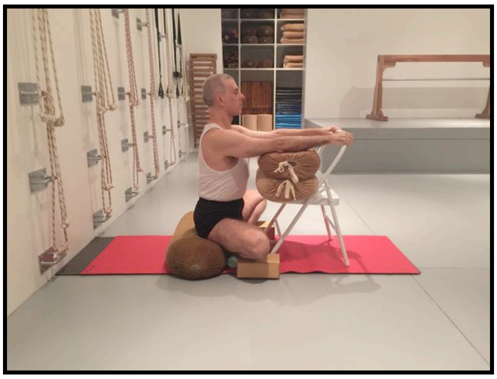
Supta Baddha Konasana



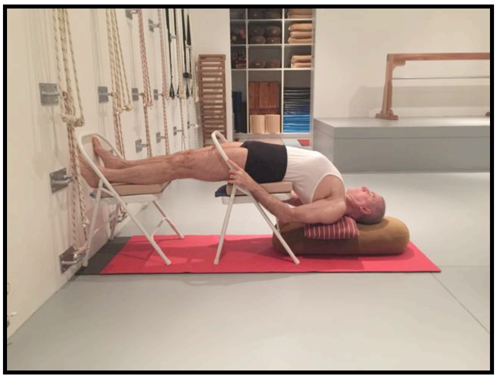
Supta Swastikasana



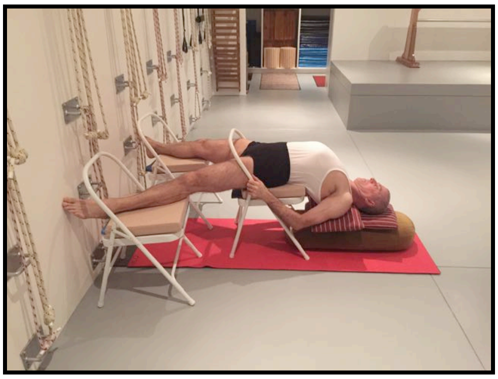
Utthita Upavistha Konasana
with chair



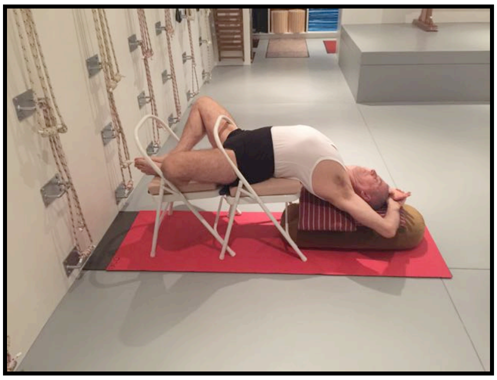
Utthita Baddha Konasana
with chair



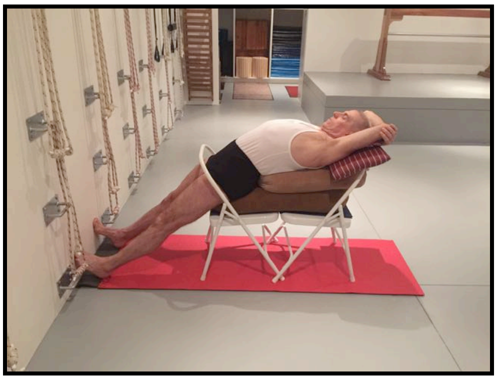
Setubandha Sarvangasana
with chairs



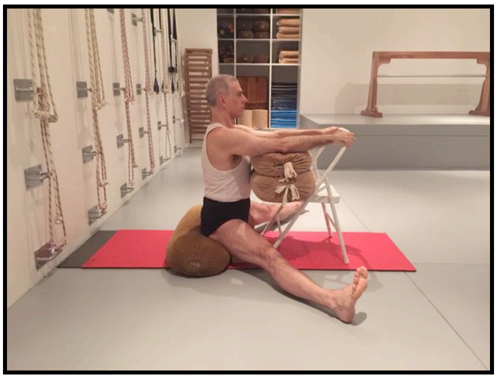
Prasarita Pada Setubandha
Sarvangasana with chairs



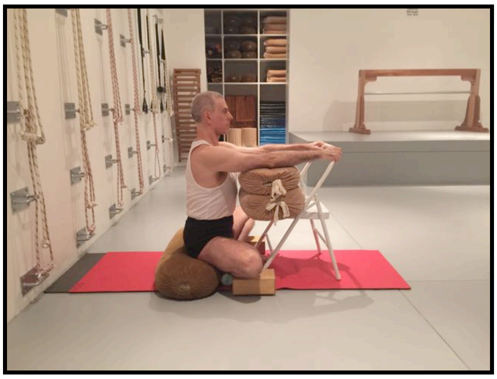
Chair Baddha Konasana
Setubandha Sarvangasana



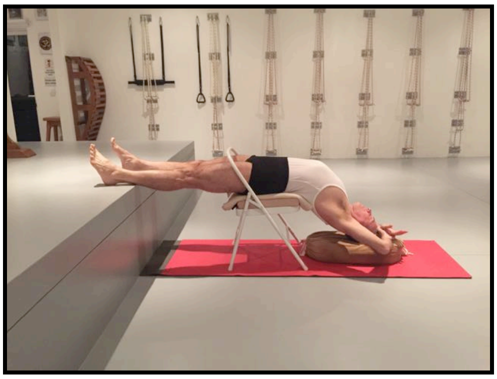
Salamba Purvottanasana
with chairs



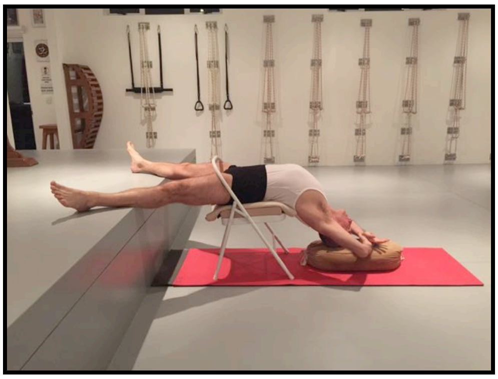
Utthita Upavistha Konasana with chair



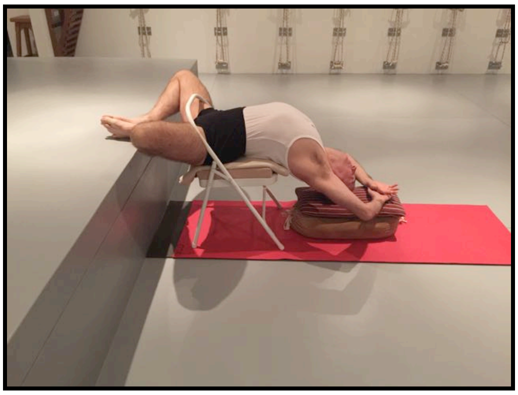
Utthita Baddha Konasana with chair



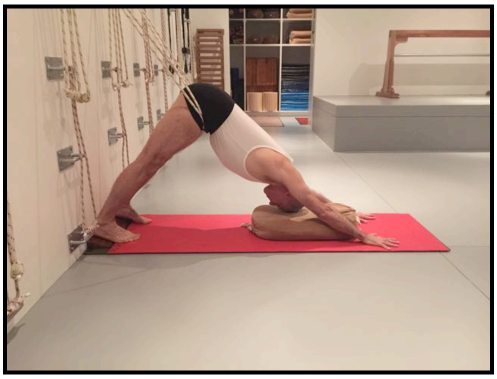
Setubandha Sarvangasana with chair



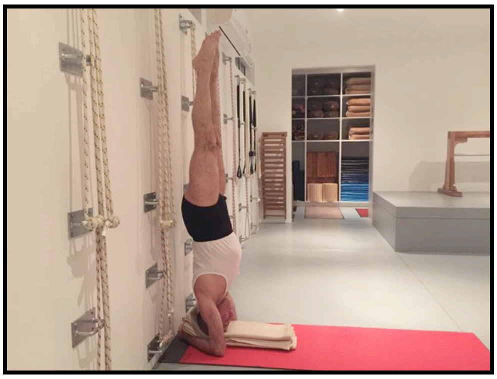
Prasarita Pada Setubandha Sarvangasana with chair



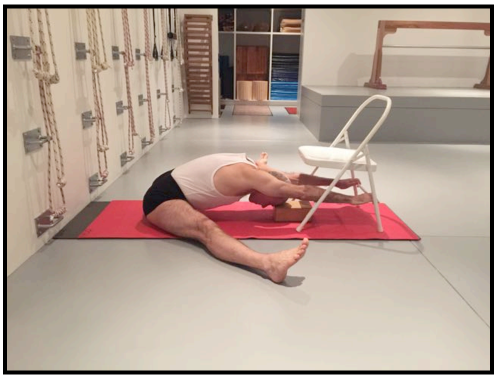
Baddha Konasana Setubandha Sarvangasana with chair



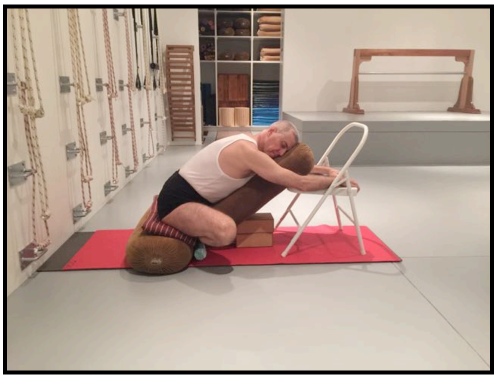
Rope Adho Mukha Svanasana



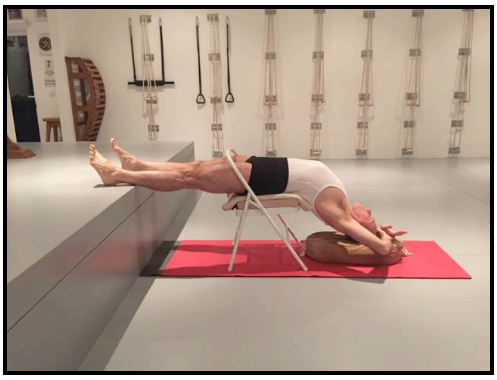
Salamba Sirsasana I



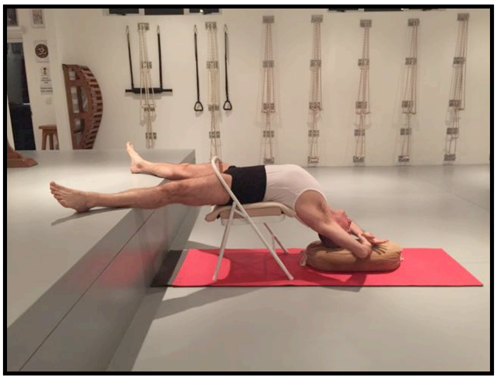
Adho Mukha Upavistha Konasana with chair



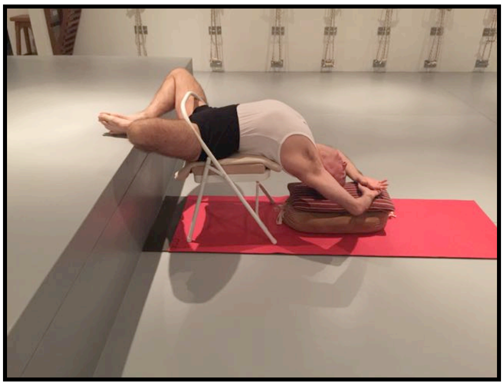
Adho Mukha Baddha Konasana with chair



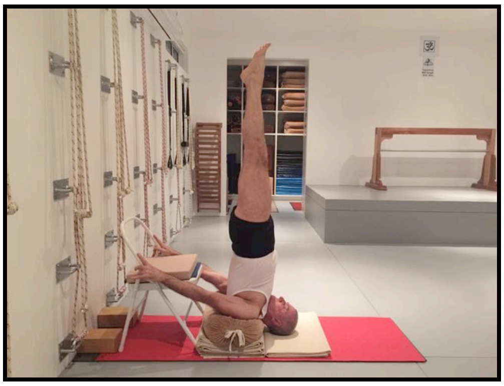
Chair Dwi Pada Viparita Dandasana



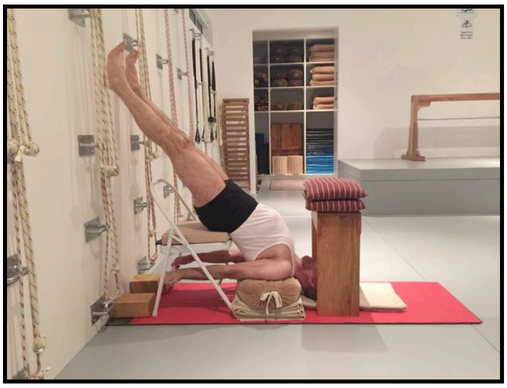
Prasarita Pada Viparita Dandasana with chair



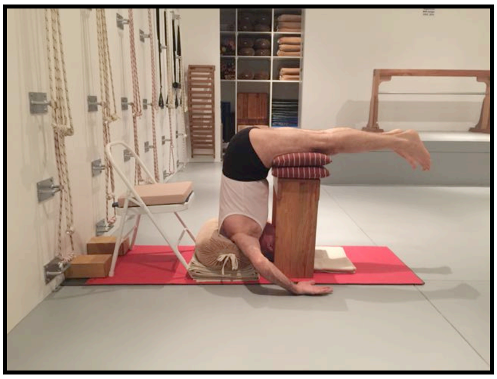
Baddha Konasana Setubandha Sarvangasana
with chair



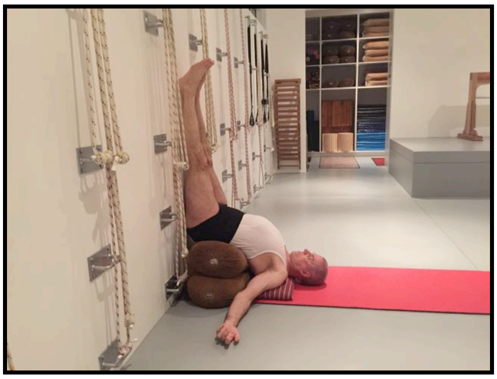
Chair Niralamba Sarvangasana



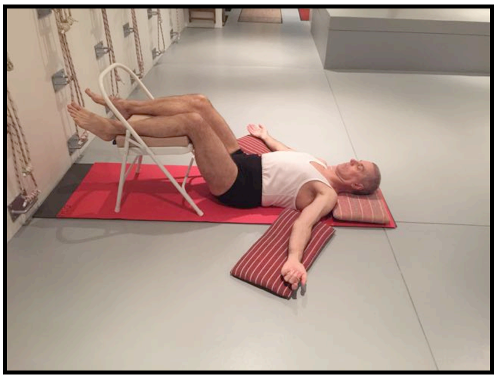
Chair Sarvangasana



Niralamba Halasana



Viparita Karani

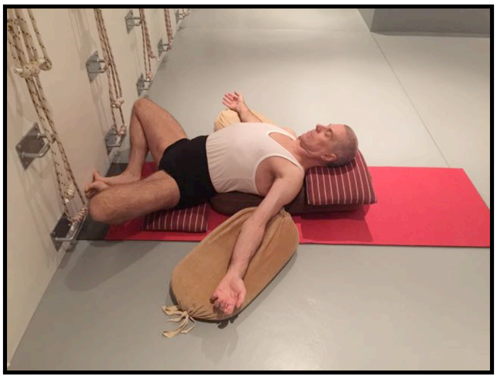


Chair Savasana

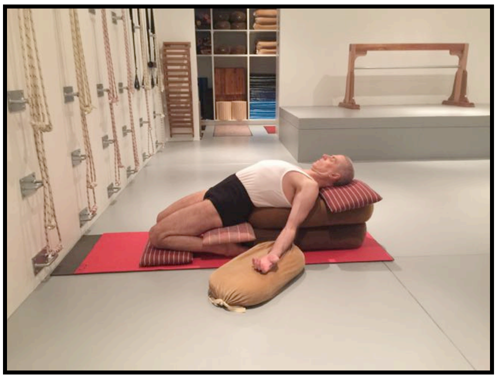
**Yoga Wisdom**

**The art of teaching is Tolerance.**
**Humbleness is the art of learning.**

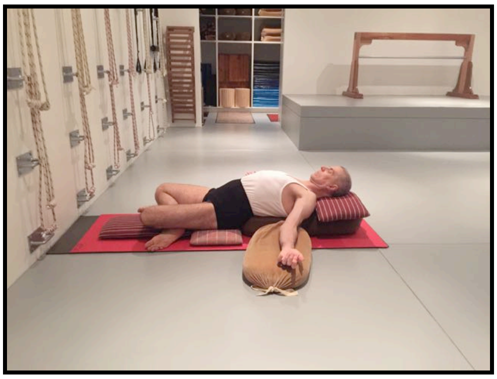
Sequence 30



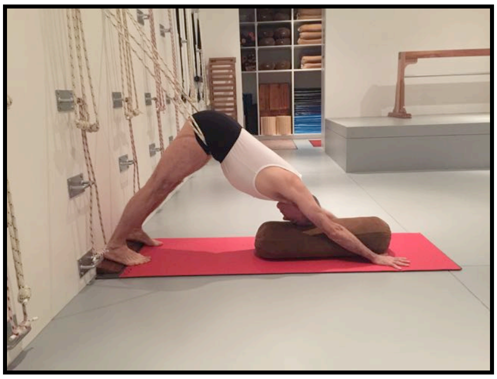
Supta Baddha Konasana



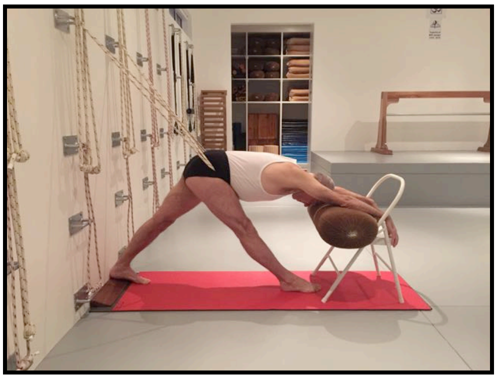
Supta Virasana



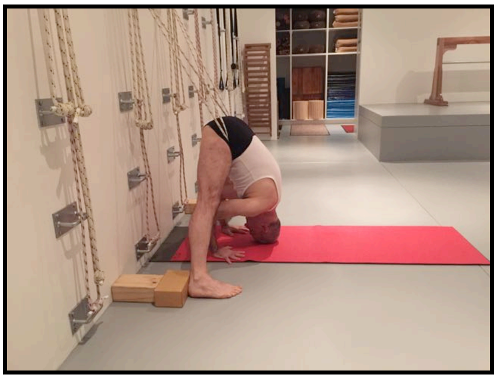
Supta Swastikasana



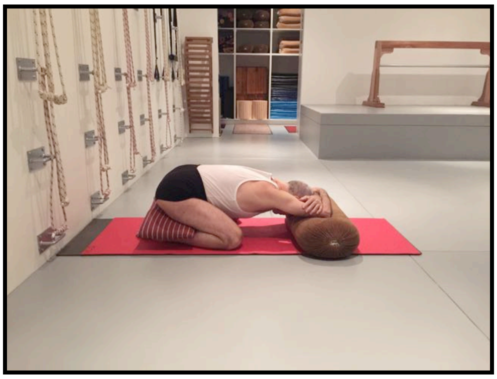
Rope Adho Mukha Svanasana



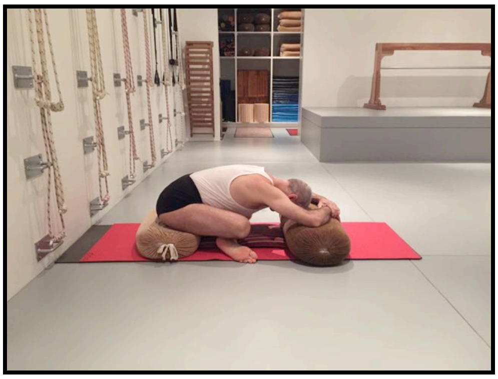
Parsvottanasana with rope and chair



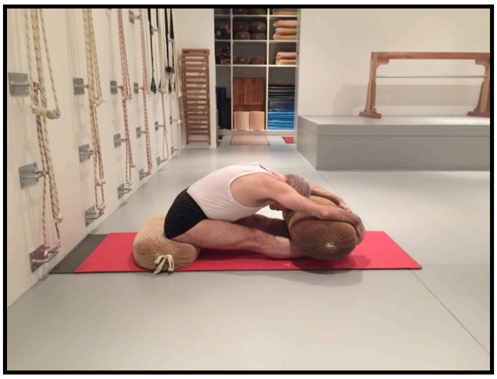
Rope Prasarita Padottanasana I



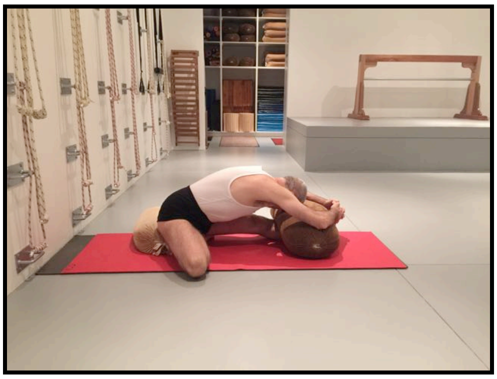
Adho Mukha Virasana



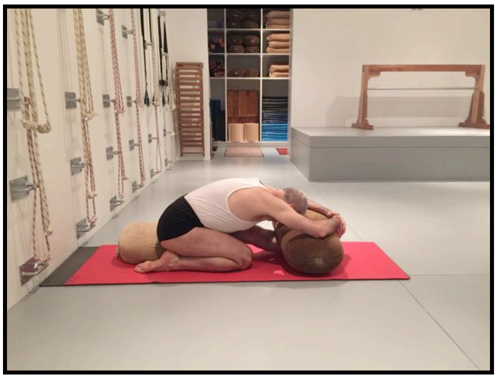
Adho Mukha Swastikasana



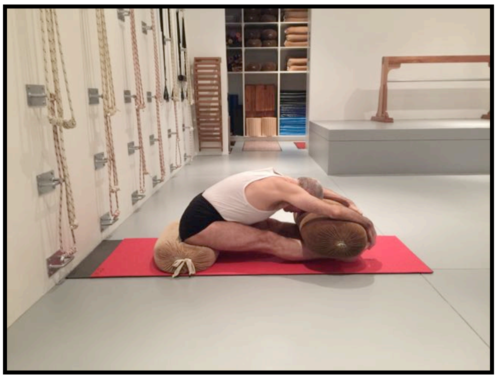
Paschimottanasana



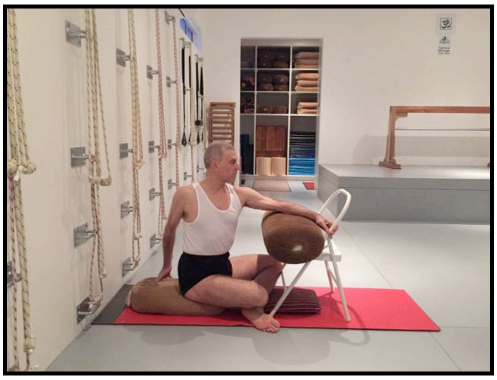
Janu Sirsasana



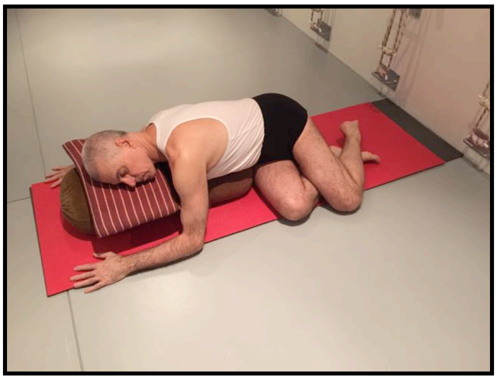
Triang Mukhaikapada Paschimottanasana



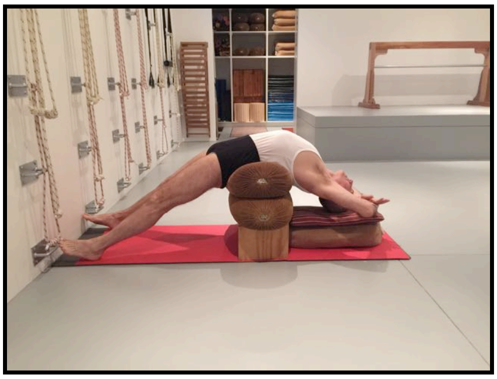
Paschimottanasana



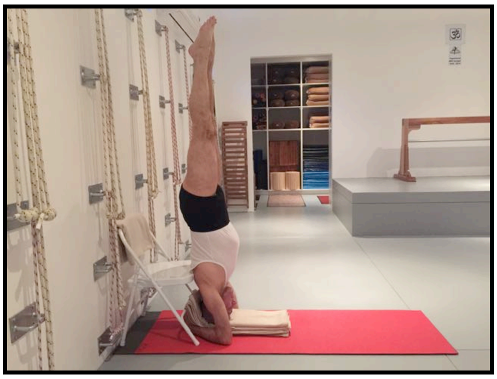
Chair Parsva Swastikasana



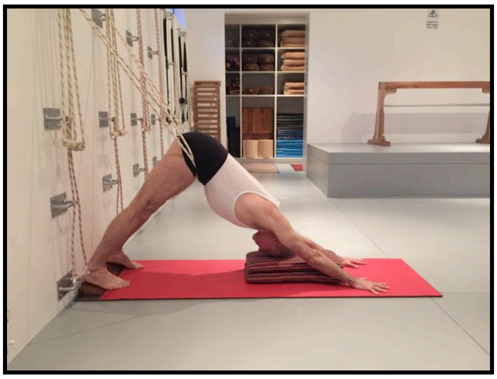
Parivrtta Pavanmuktasana



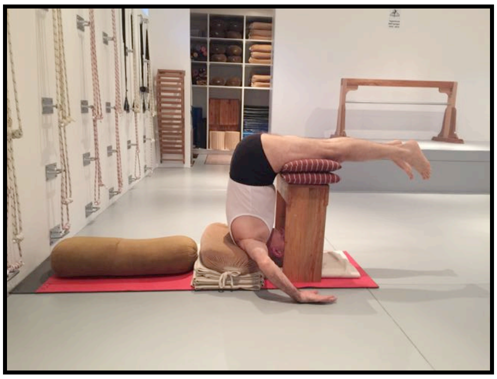
Dwi Pada Viparita Dandasana



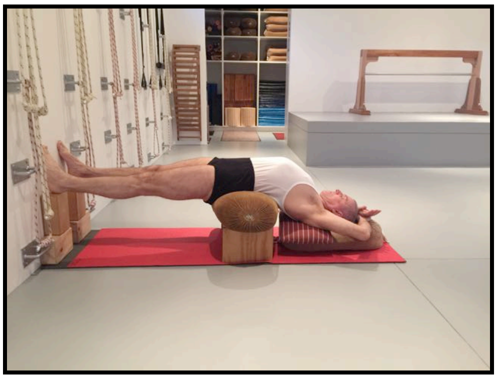
Salamba Sirsasana I
with chair



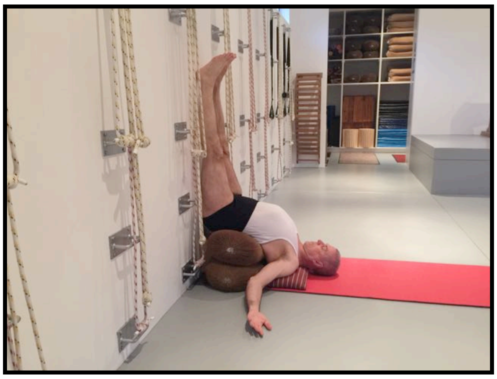
Rope Adho Mukha Svanasana



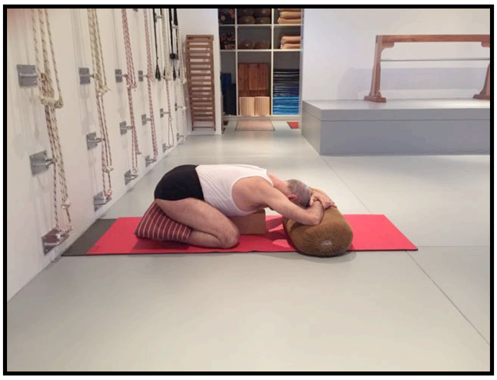
Niralamba Halasana



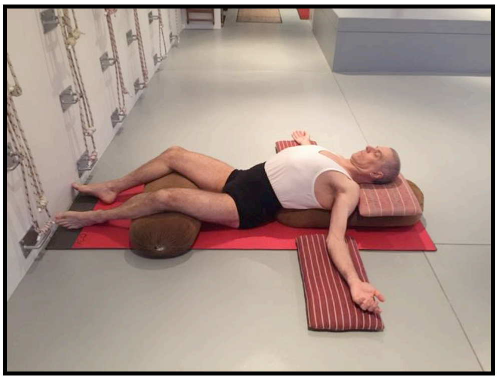
Setubandha Sarvangasana



Viparita Karani



Adho Mukha Virasana

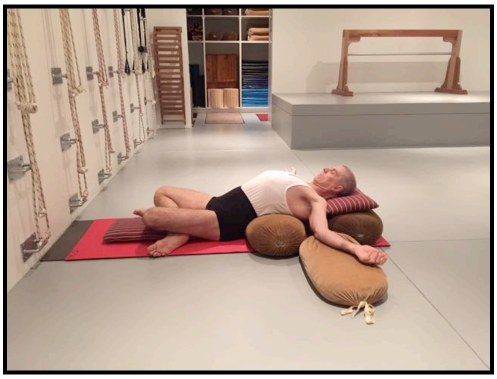


Bolster Savasana

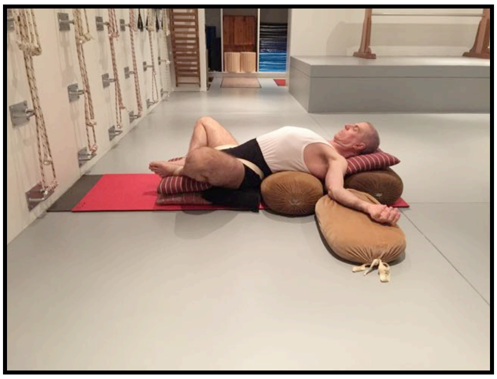
**Yoga Wisdom**

**Age cannot be a problem coming in the way of practice. One needs to have strong willpower in ones practice**

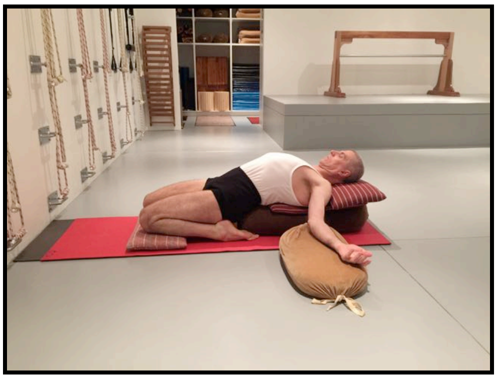
# Sequence 31



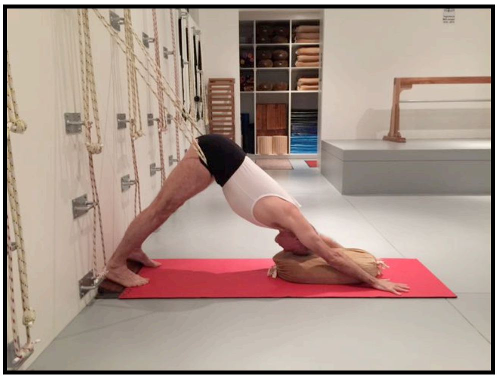
Supta Swastikasana



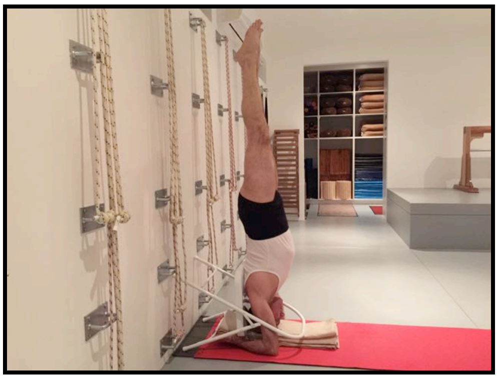
Supta Baddha Konasana



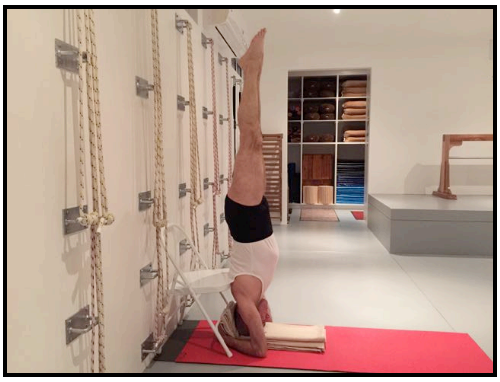
Supta Virasana



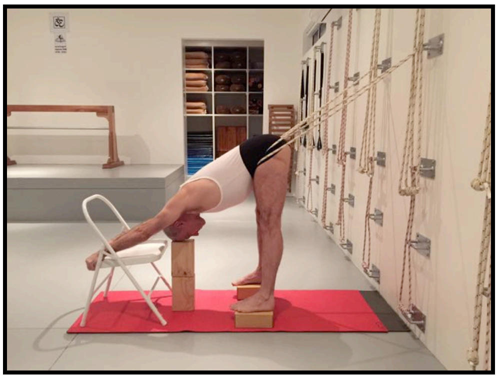
Rope Adho Mukha Svanasana



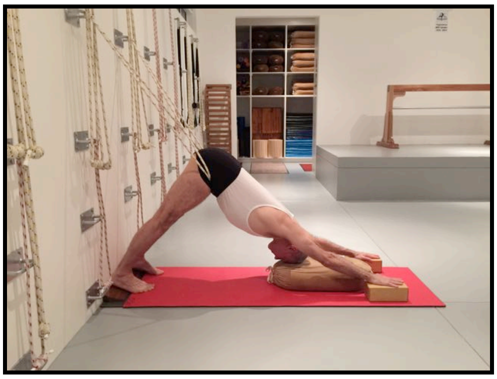
Pincha Mayurasana
with inverted chair



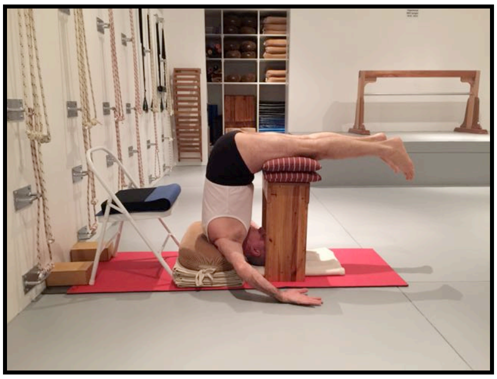
Salamba Sirsasana I
with chair



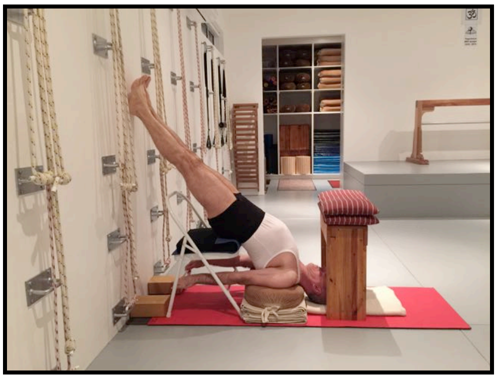
Uttanasana with chair & rope



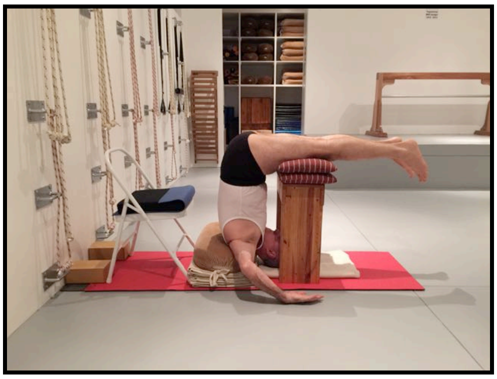
Rope Adho Mukha Svanasana



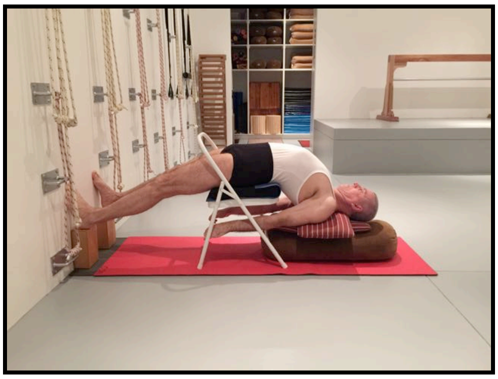
Niralamba Halasana



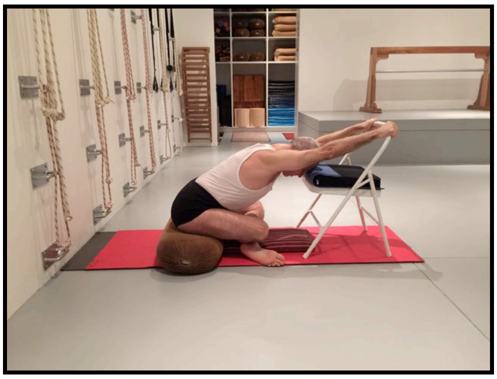
Chair Sarvangasana



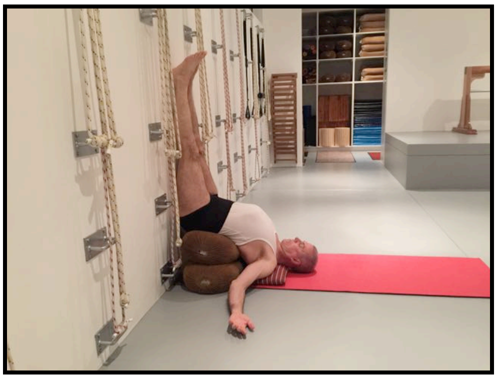
Niralamba Halasana



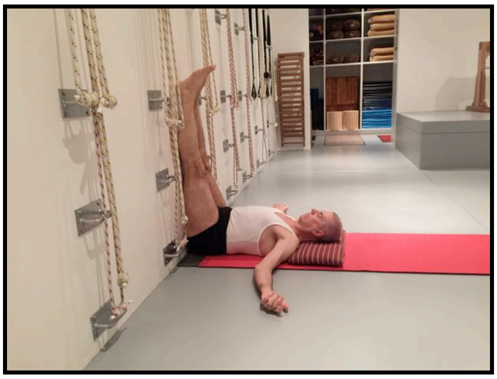
Setubandha Sarvangasana
with chair



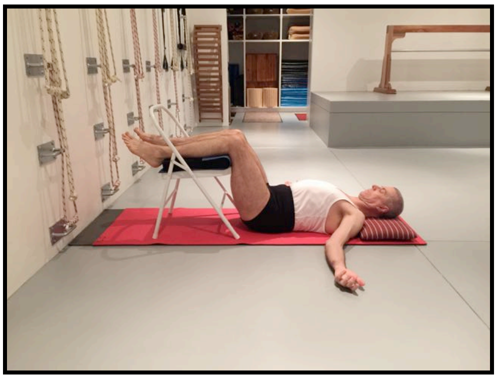
Adho Mukha Swastikasana
with chair



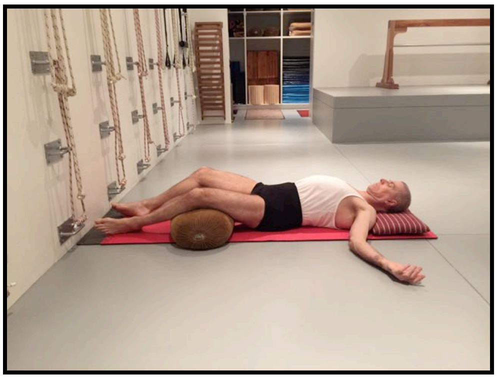
Viparita Karani



Urdhva Prasarita Padasana



Chair Savasana

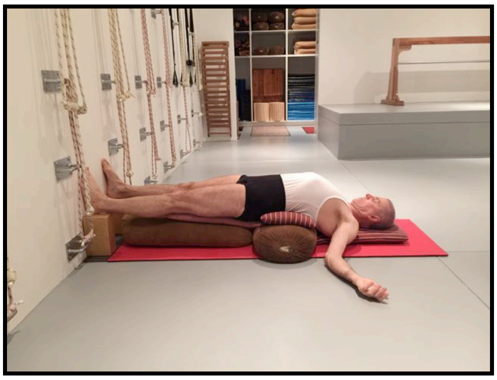


Bolster Savasana

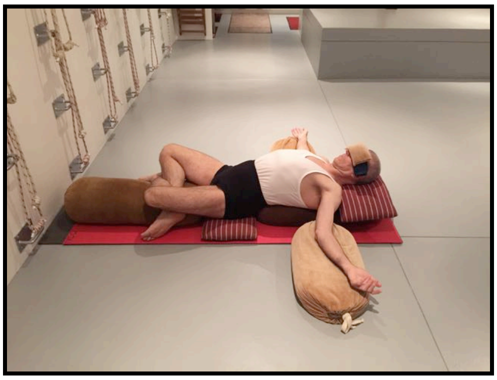
**Yoga Wisdom**

**Words fail to convey the total value of Yoga.
It has to be explained.**

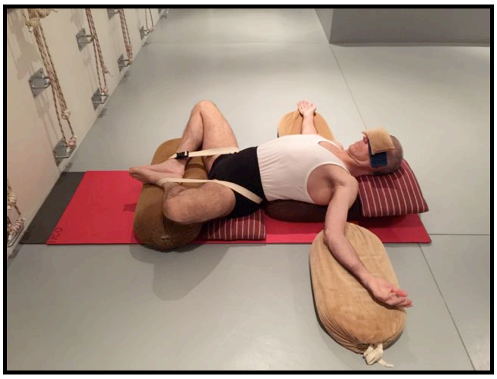
## Sequence 32



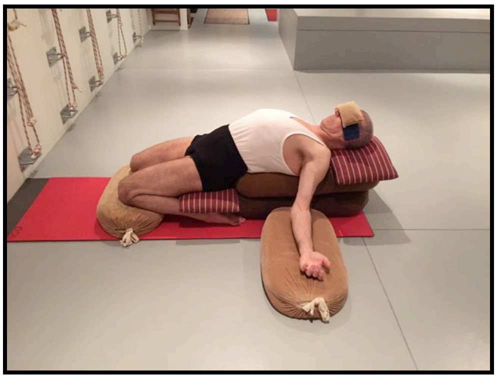
Setubandha Sarvangasana



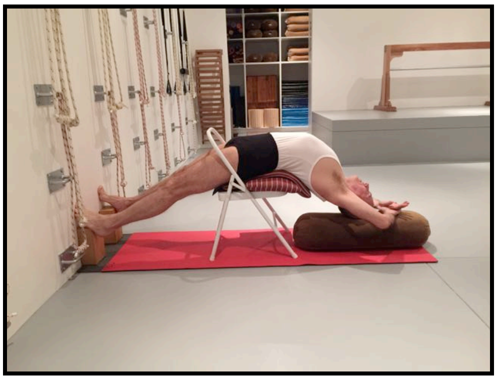
Supta Swastikasana



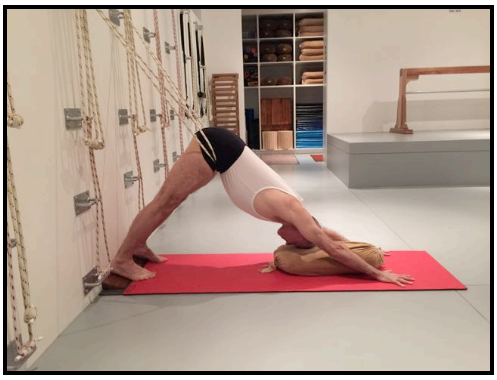
Supta Baddha Konasana



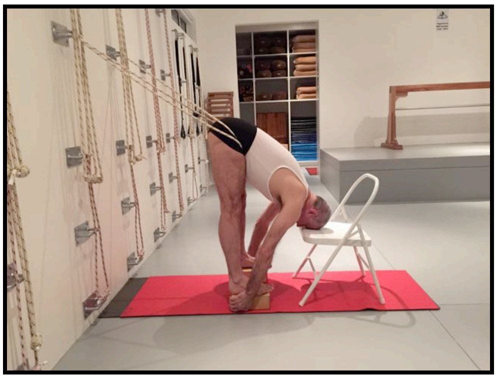
Supta Virasana



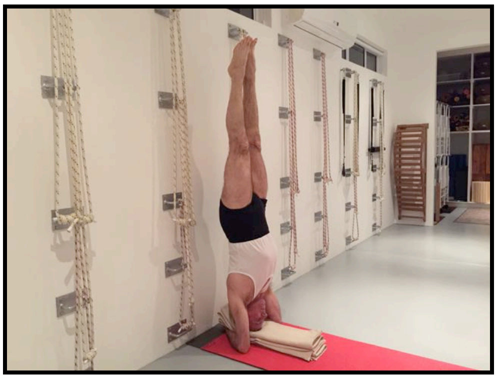
Setubandha Sarvangasana
with chair



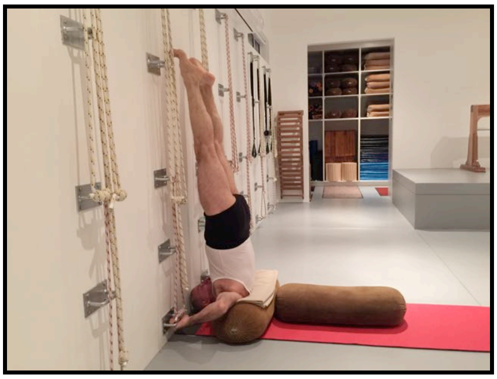
Rope Adho Mukha Svanasana



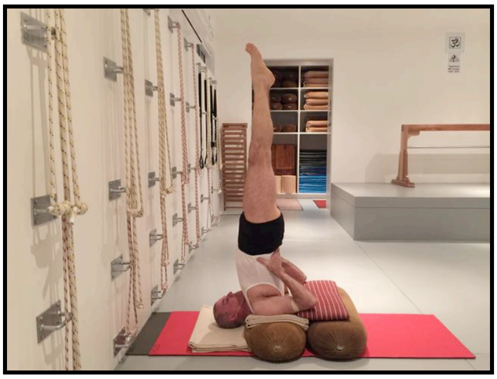
Uttanasana with chair & rope



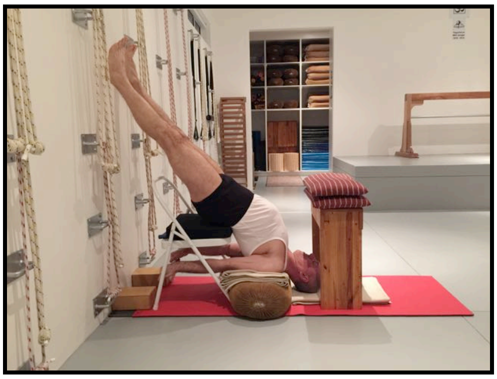
Salamba Sirsasana I



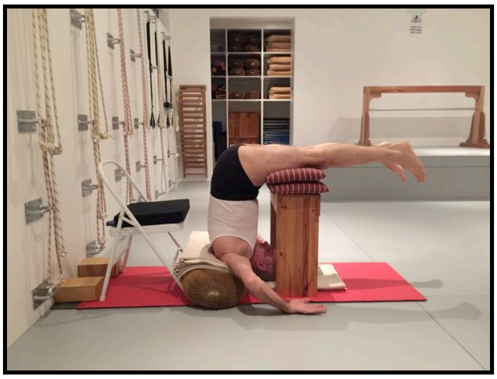
Niralamba Sarvangasana I



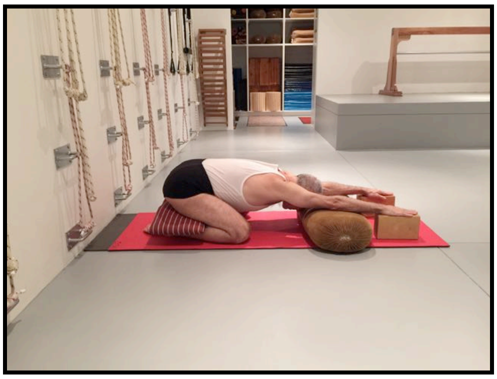
Salamba Sarvangasana I



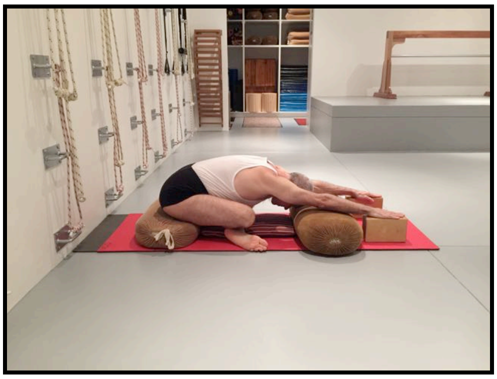
Chair Sarvangasana



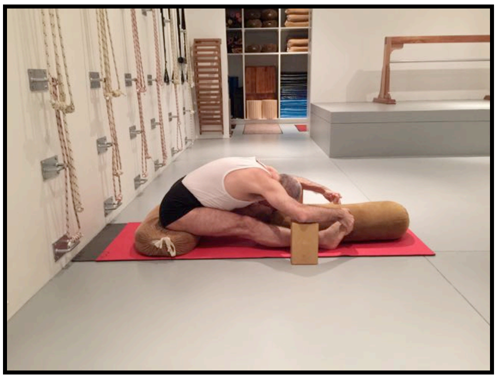
Niralamba Halasana



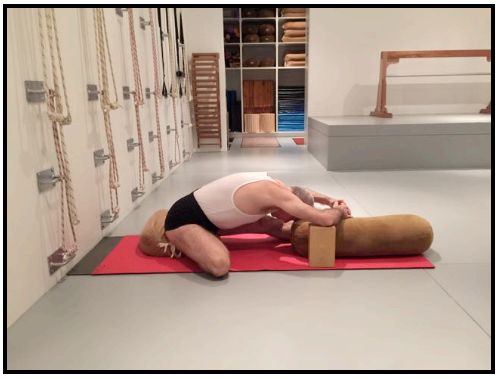
Adho Mukha Virasana



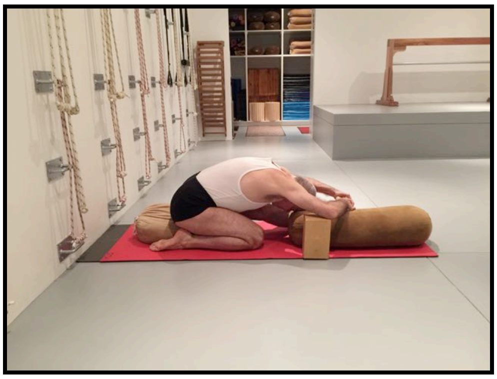
Adho Mukha Swastikasana



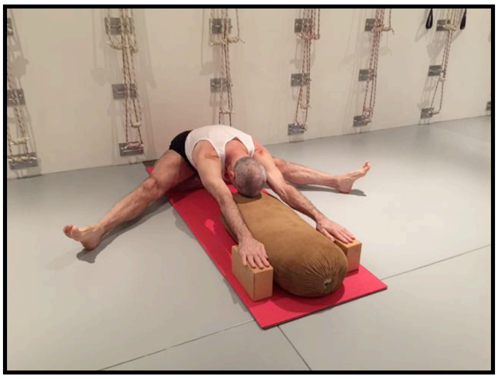
Paschimottanasana



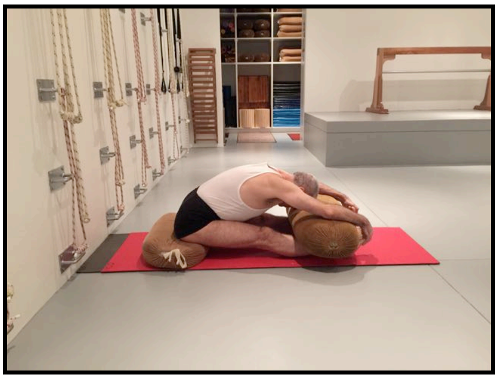
Janu Sirsasana



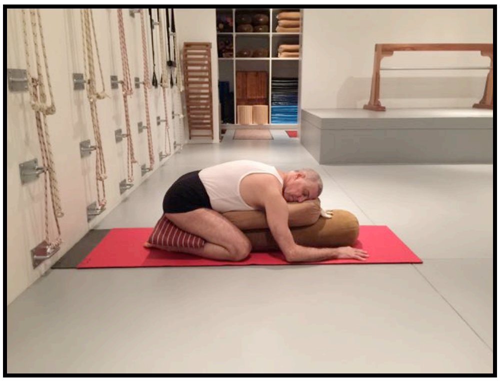
Triang Mukhaikapada
Paschimottanasana



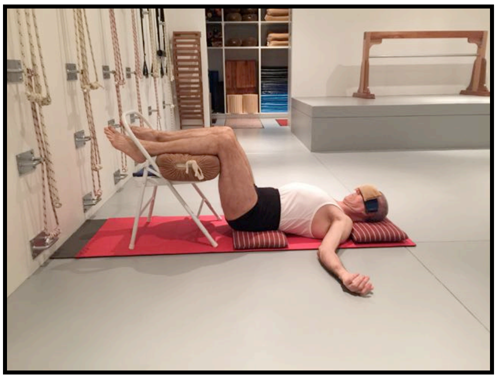
Adho Mukha Upavistha
Konasana



Paschimottanasana



Adho Mukha Virasana

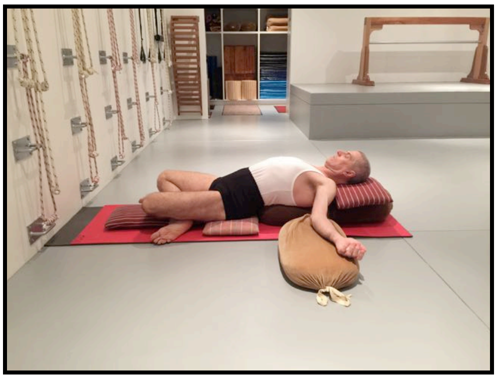


Chair Savasana

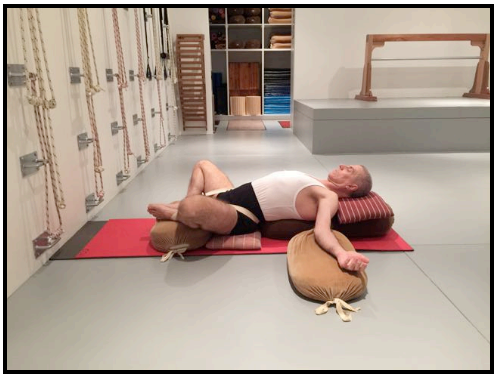
**Yoga Wisdom**

**When you practice, you should be a philosopher.**
**When you teach you should be a scientist.**
**When you demonstrate, an artist.**

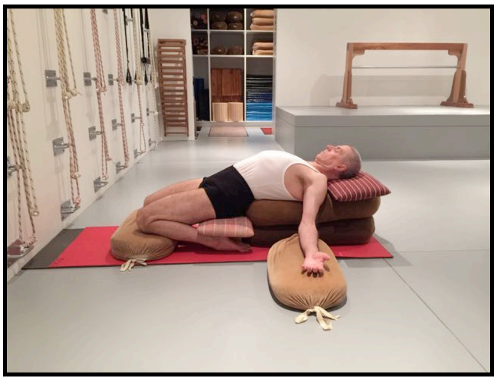
## Sequence 33



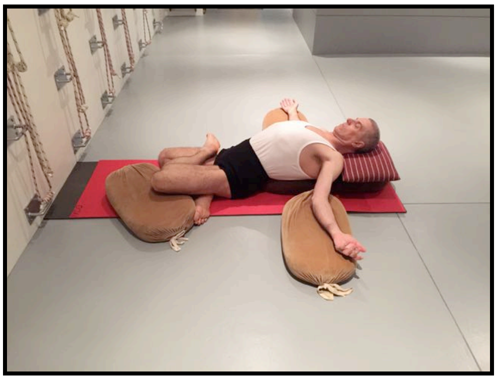
Supta Swastikasana



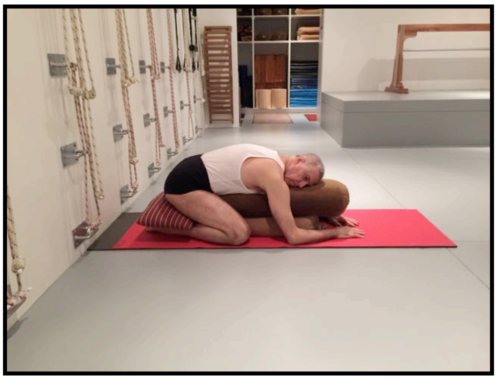
Supta Baddha Konasana



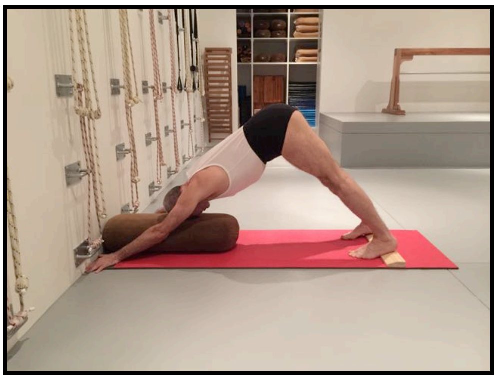
Supta Virasana



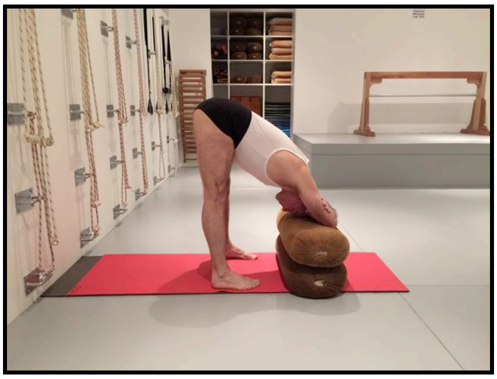
Ardha Matsyasana



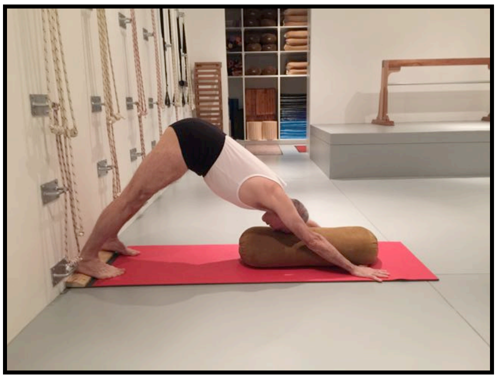
Adho Mukha Virasana



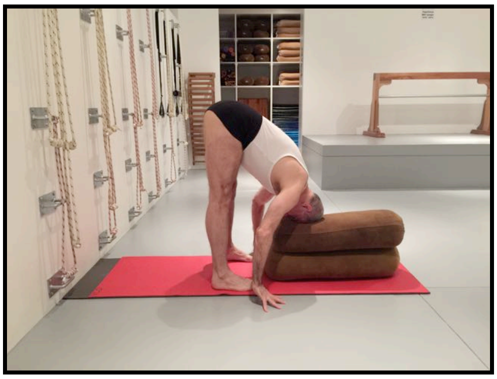
Adho Mukha Svanasana



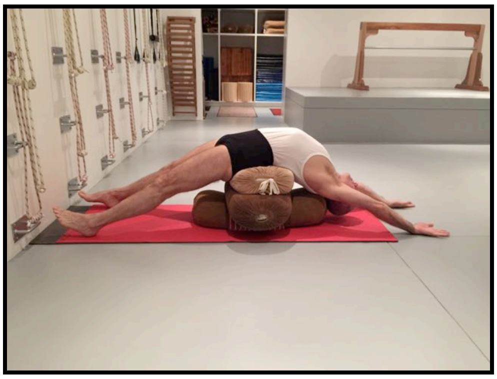
Uttanasana



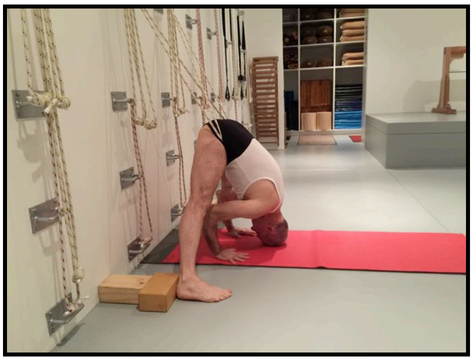
Adho Mukha Svanasana



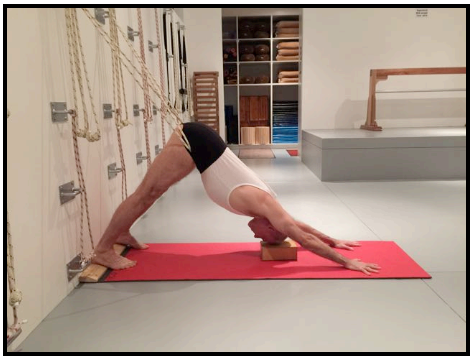
Uttanasana



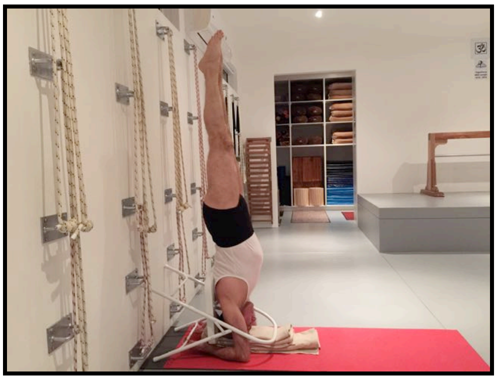
Setubandha Sarvangasana



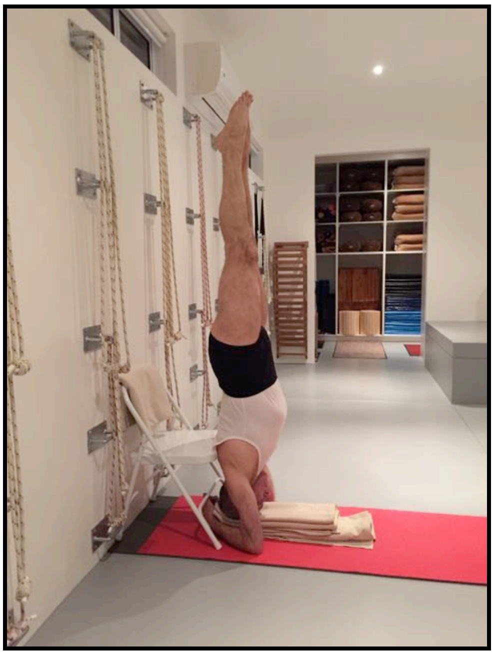
Rope Prasarita
Padottanasana I



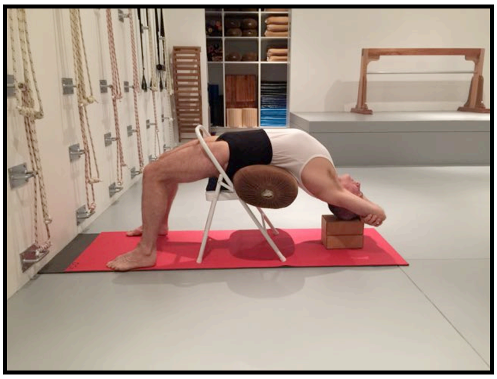
Rope Adho Mukha Svanasana



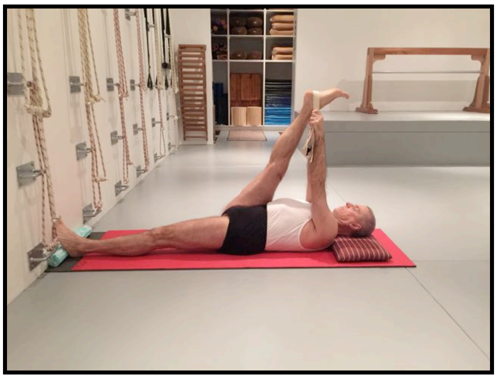
Pincha Mayurasana
with inverted chair



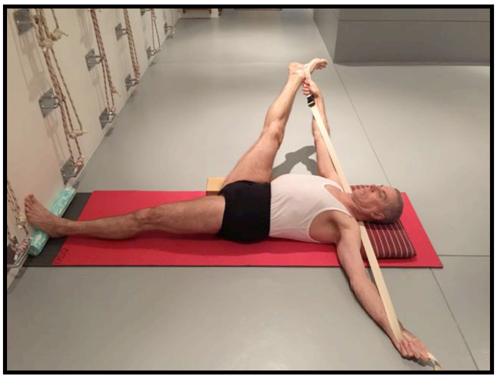
Salamba Sirsasana I
with chair



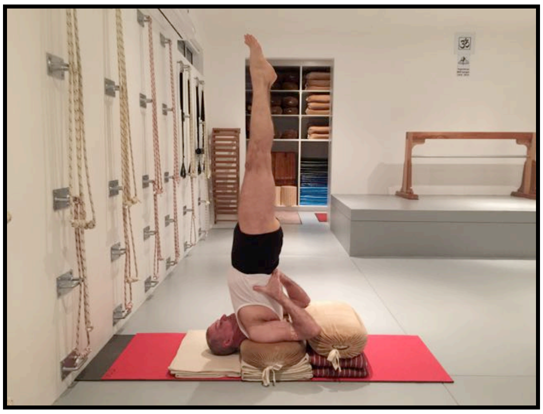
Chair Dwi Pada Viparita Dandasana



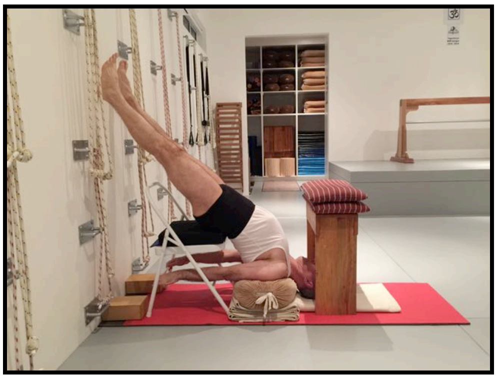
Supta Padangusthasana I



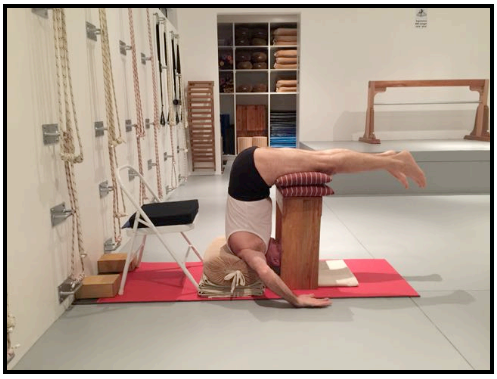
Supta Padangusthasana II



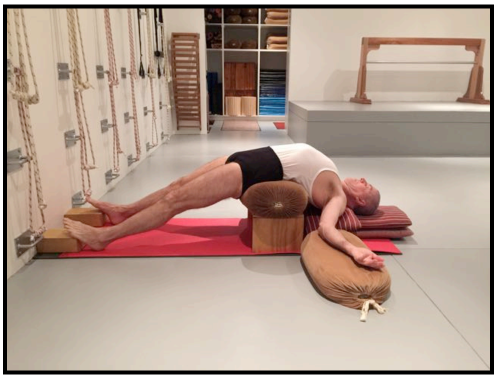
Salamba Sarvangasana I



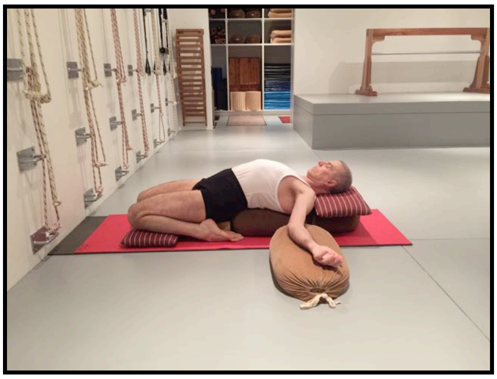
Chair Sarvangasana



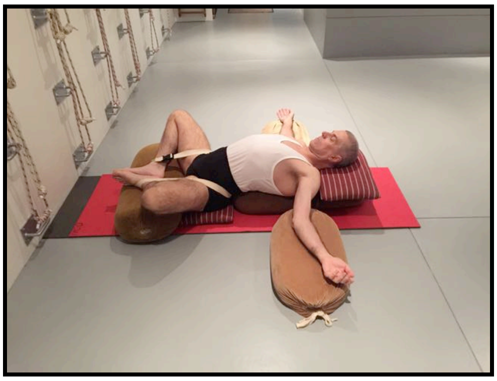
Niralamba Halasana



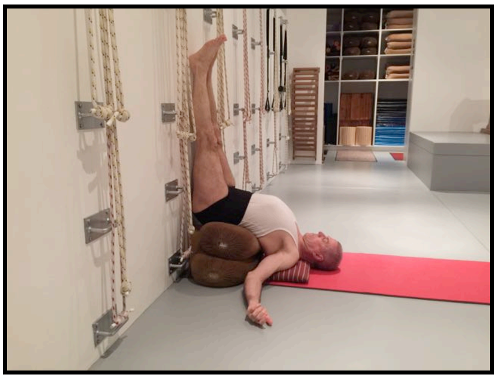
Setubandha Sarvangasana



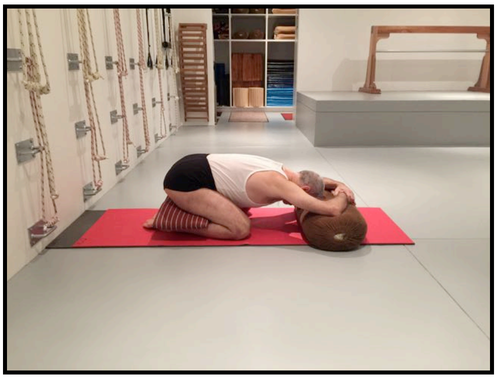
Supta Virasana



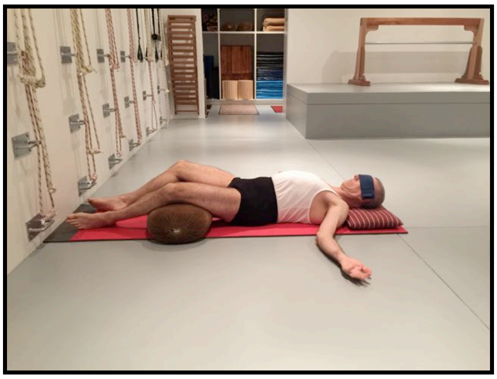
Supta Baddha Konasana



Viparita Karani



Adho Mukha Virasana

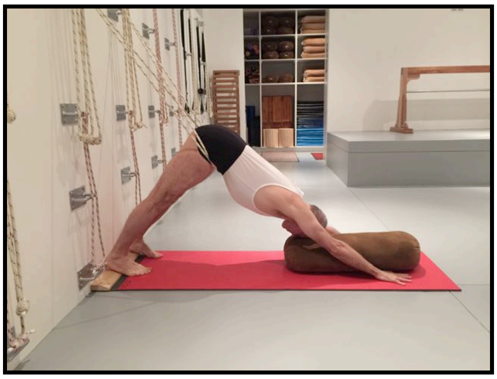


Bolster Savasana

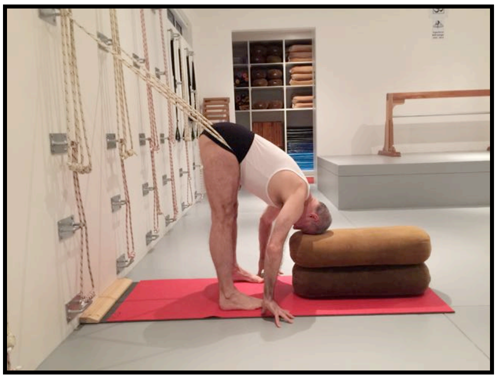
**Yoga Wisdom**

**One should have willpower and positive faith, courage and vigour in practice**

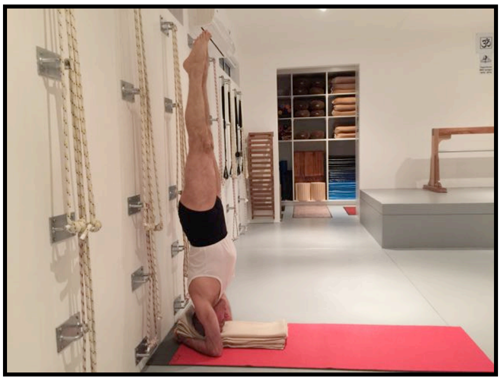
## Sequence 34



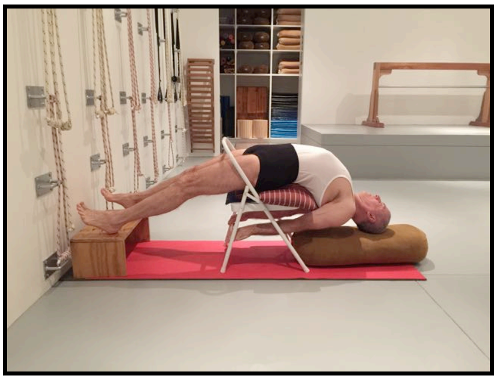
Rope Adho Mukha Svanasana



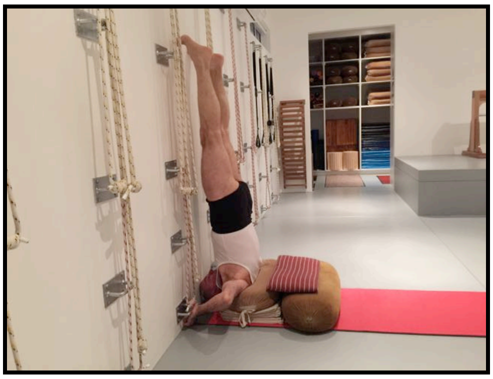
Rope Uttanasana



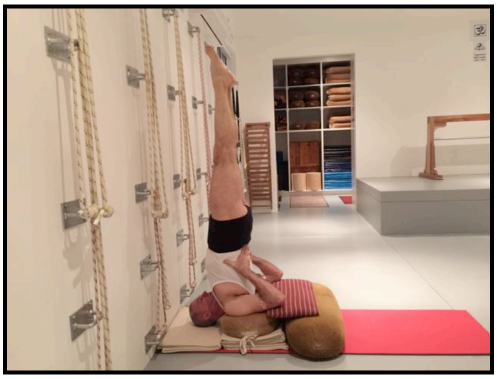
Salamba Sirsasana I



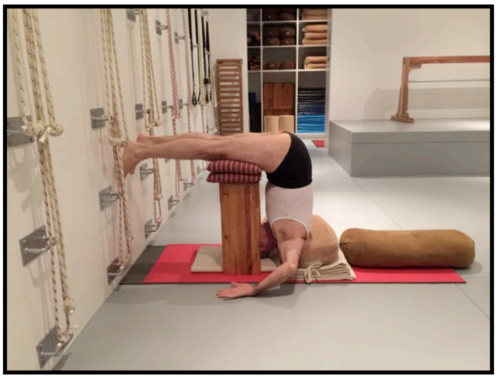
Chair Setubandha Sarvangasana



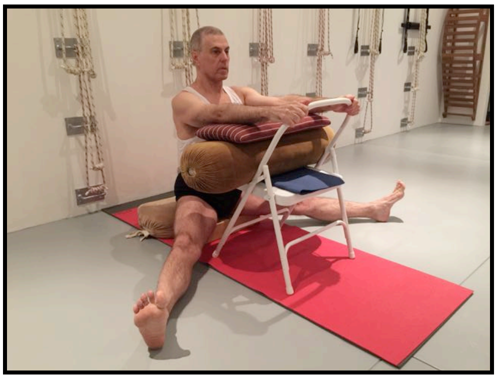
Niralamba Sarvangasana I



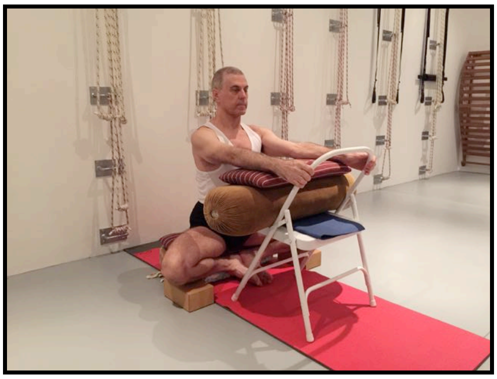
Salamba Sarvangasana I



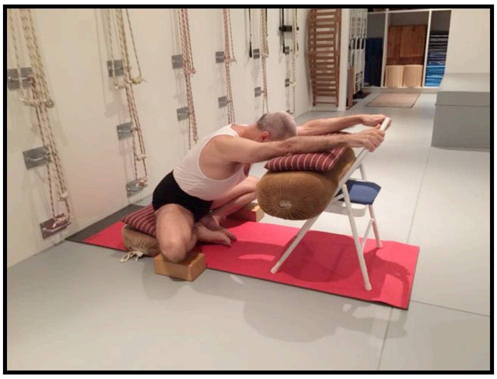
Niralamba Halasana



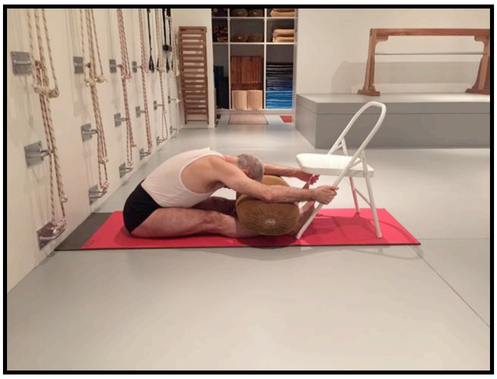
Utthita Upavistha Konasana with chair



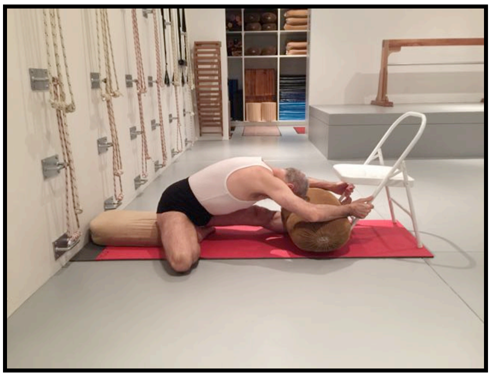
Utthita Baddha Konasana with chair



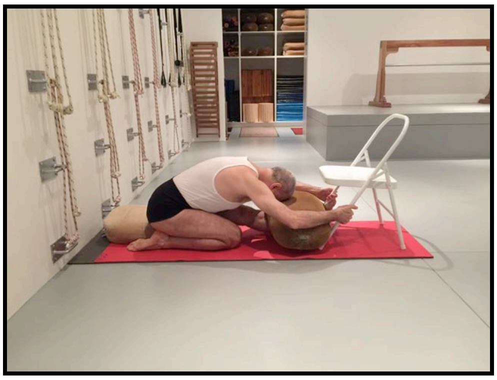
Adho Mukha Baddha Konasana
with chair



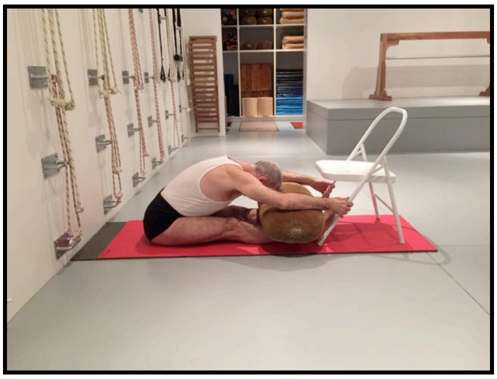
Paschimottanasana
with chair



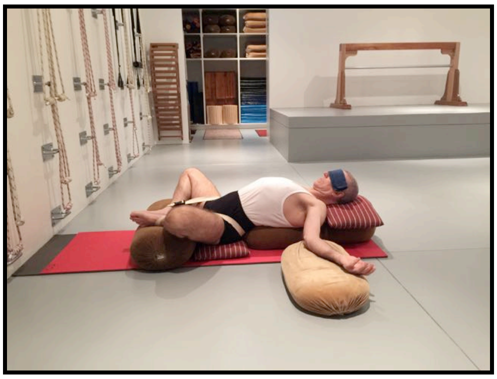
Janu Sirsasana with chair



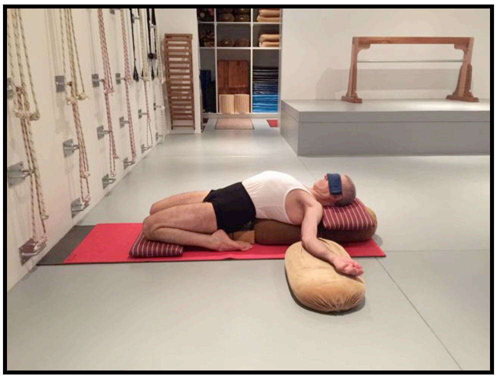
Triang Mukhaikapada
Paschimottanasana with chair



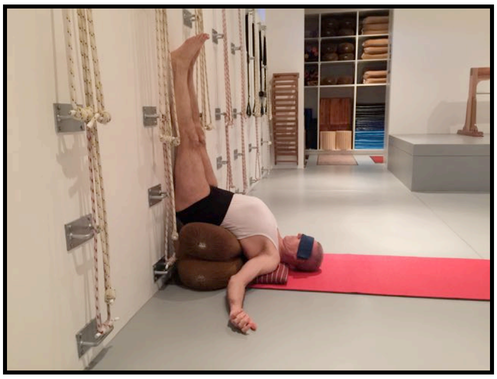
Paschimottanasana
with chair



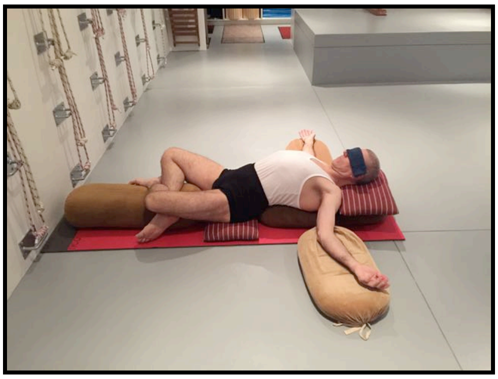
Supta Baddha Konasana



Supta Virasana



Viparita Karani

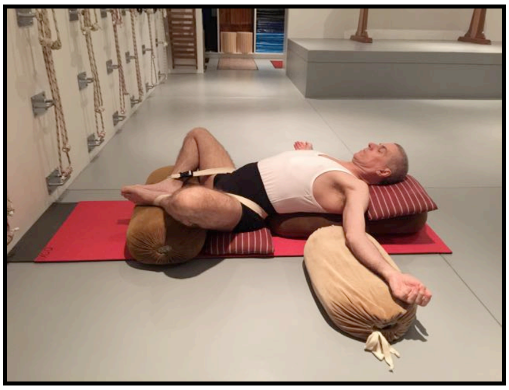


Supta Swastikasana

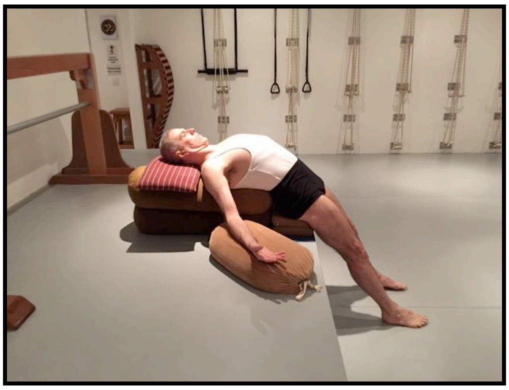
**Yoga Wisdom**

**Yoga releases the creative potential in life.**

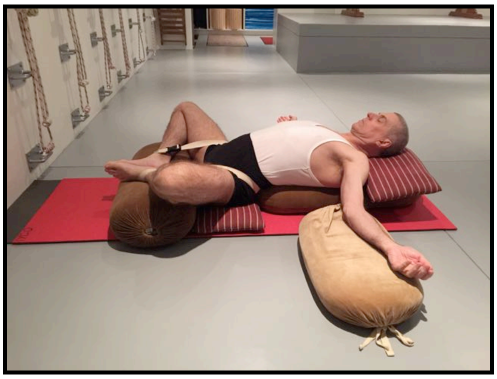
## Sequence 35



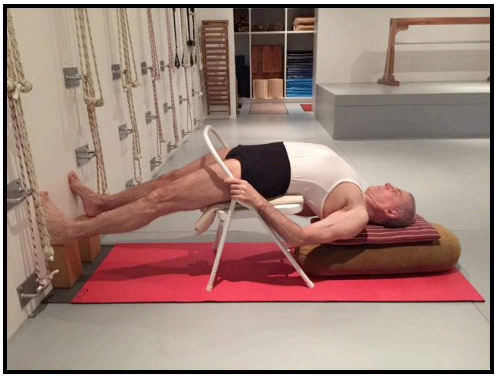
Supta Baddha Konasana



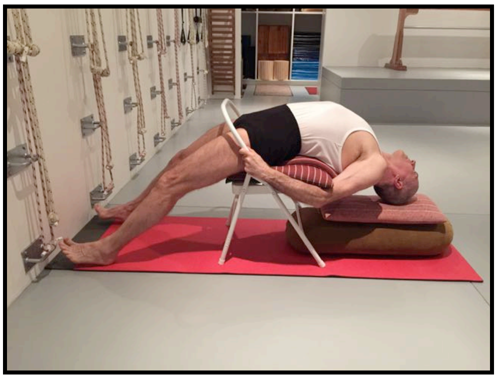
Salamba Purvottanasana



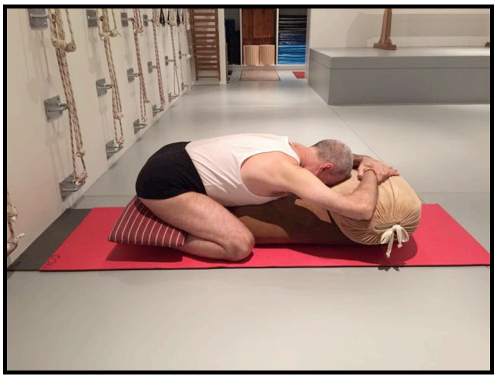
Supta Baddha Konasana



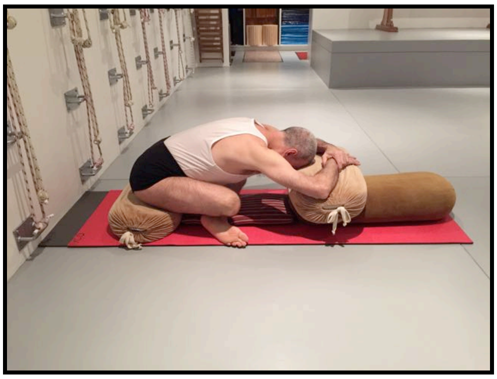
Chair Setubandha Sarvangasana



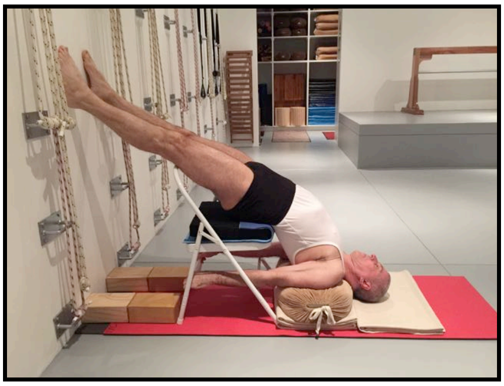
Chair Dwi Pada Viparita Dandasana



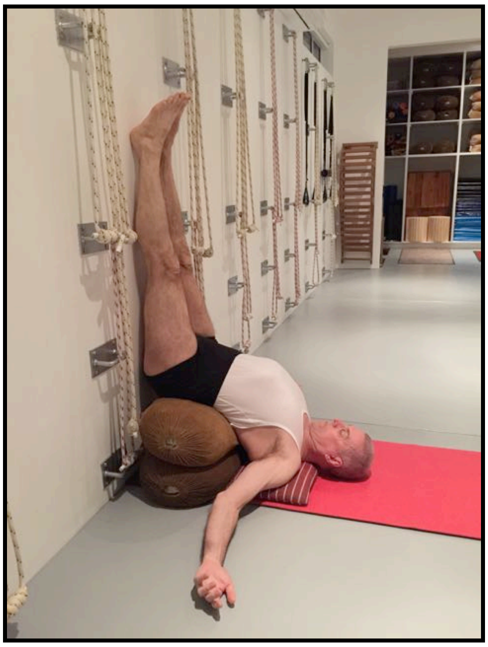
Adho Mukha Virasana



Adho Mukha Swastikasana



Chair Sarvangasana

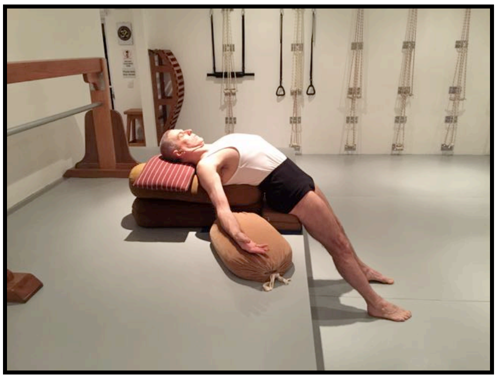


Viparita Karani

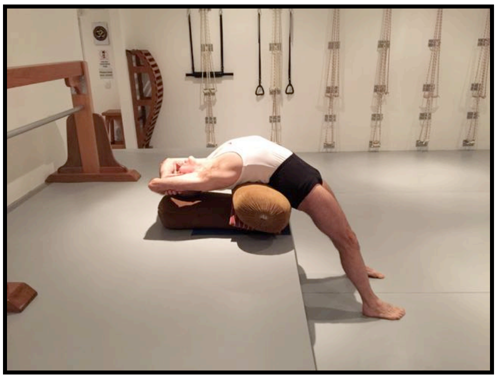
**Yoga Wisdom**

**Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.**

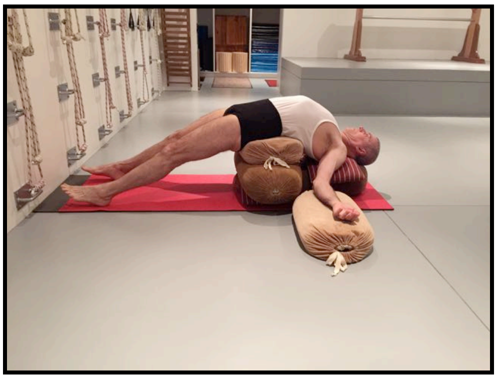
## Sequence 36



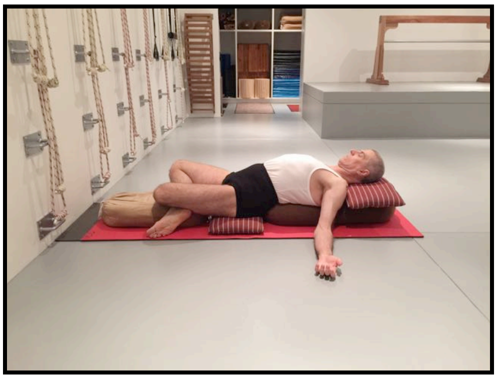
Salamba Purvottanasana



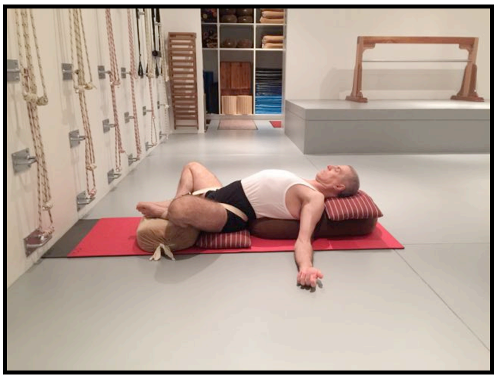
Dwi Pada Viparita Dandasana



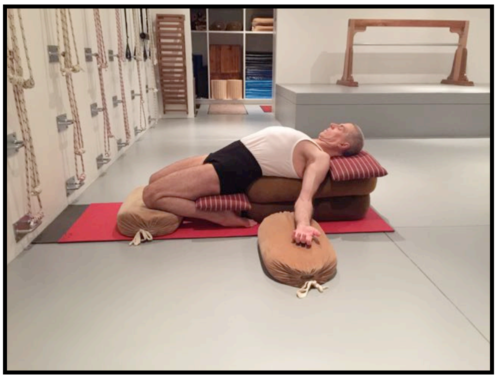
Setubandha Sarvangasana



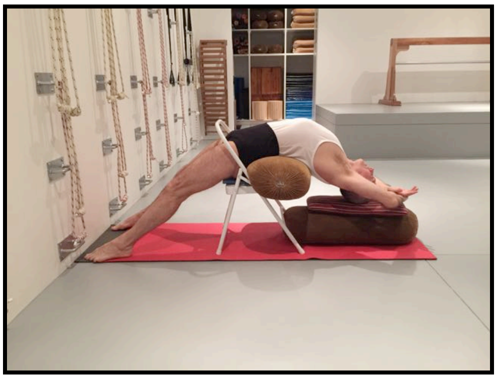
Supta Swastikasana



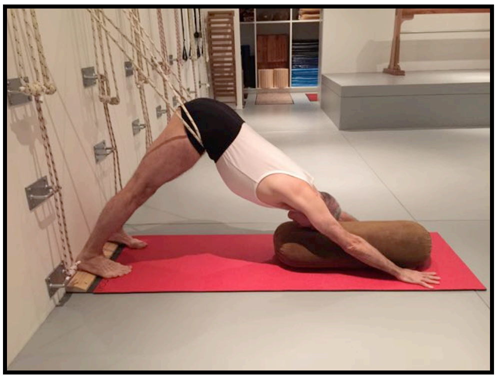
Supta Baddha Konasana



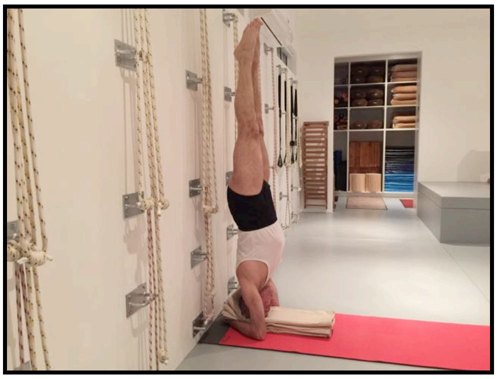
Supta Virasana



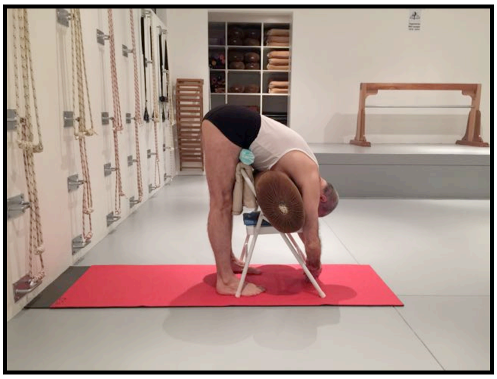
Chair Dwi Pada Viparita Dandasana



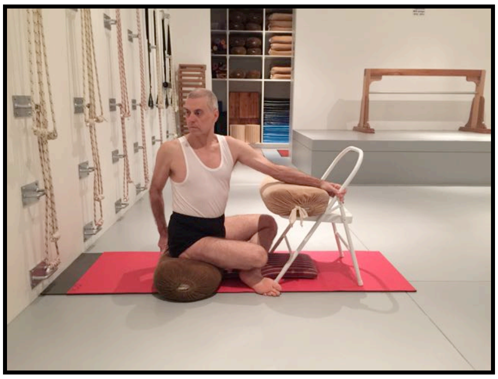
Rope Adho Mukha Svanasana



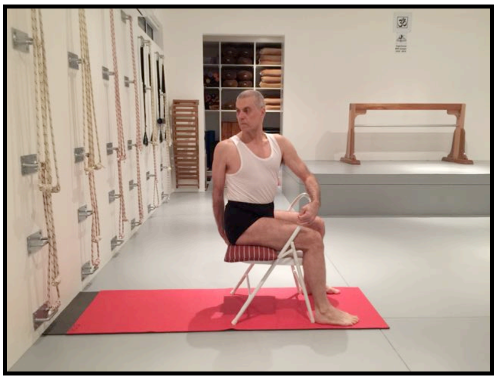
Salamba Sirsasana I



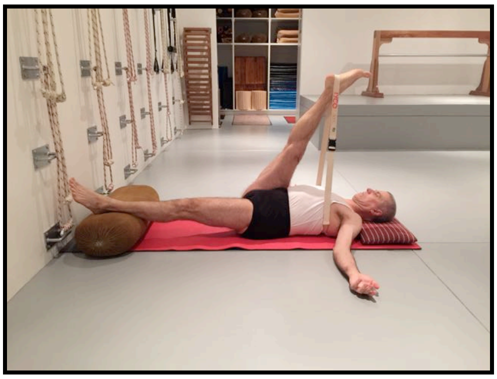
Uttanasana with chair



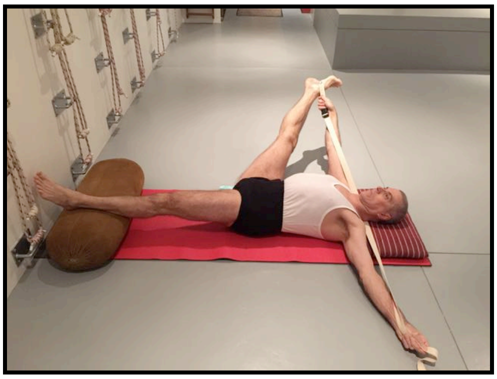
Parsva Swastikasana
with chair



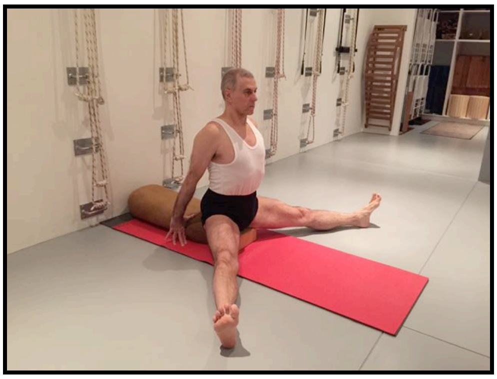
Chair Bharadvajasana



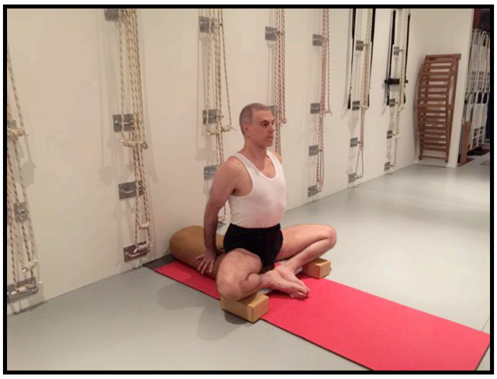
Supta Padangusthasana I



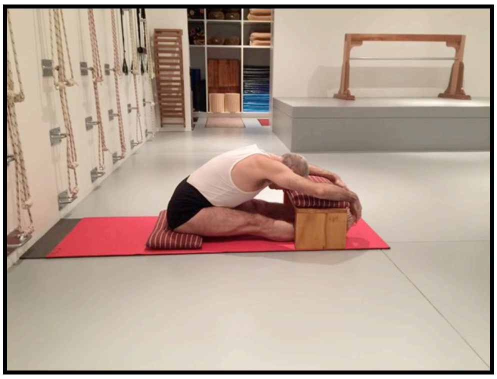
Supta Padangusthasana II



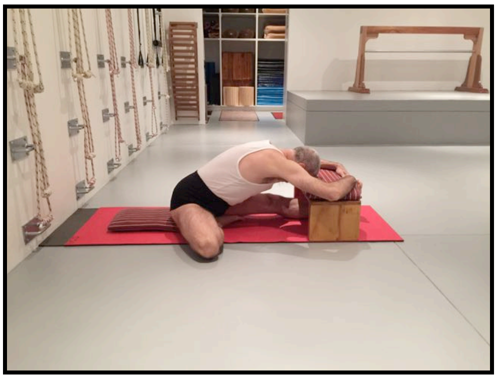
Utthita Upavistha Konasana



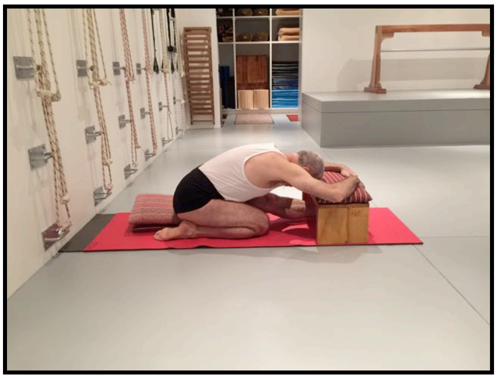
Utthita Baddha Konasana



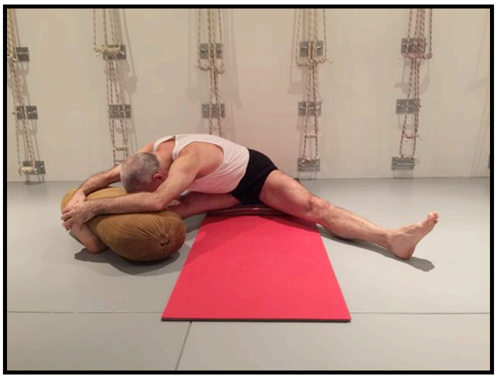
Paschimottanasana



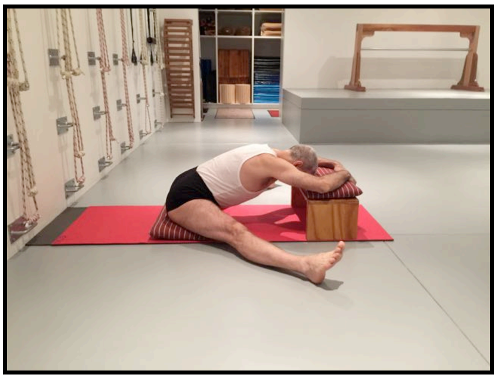
Janu Sirsasana



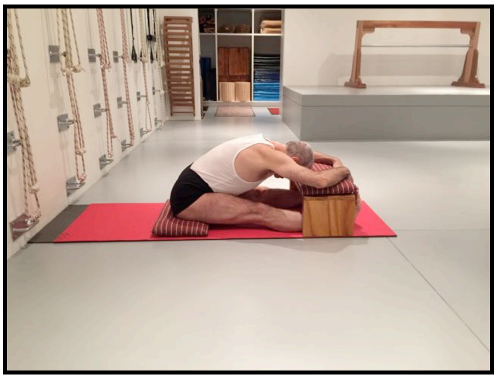
Triang Mukhaikapada Paschimottanasana



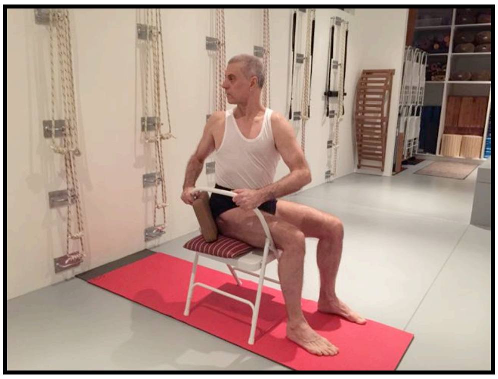
Parsva Adho Mukha Upavistha Konasana



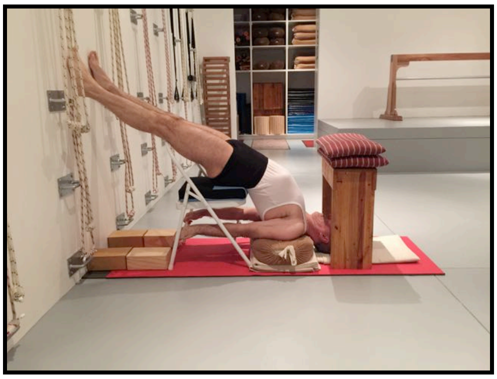
Adho Mukha Upavistha Konasana



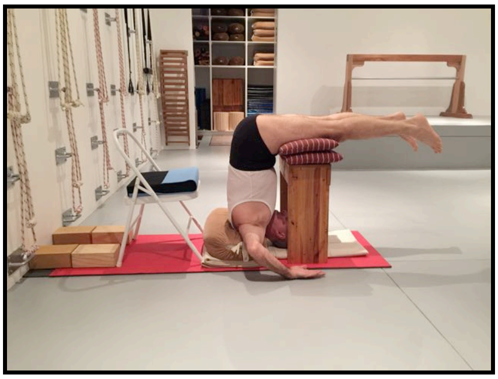
Paschimottanasana



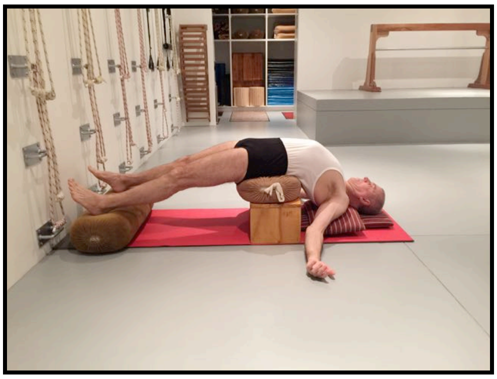
Chair Bharadvajasana



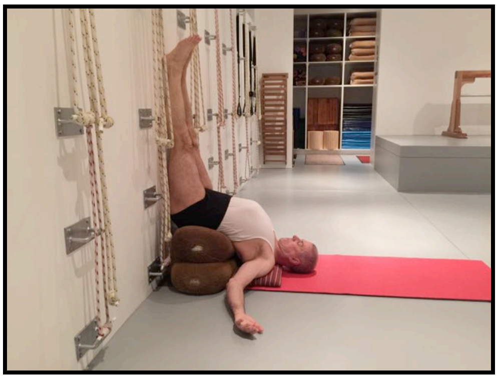
Chair Sarvangasana



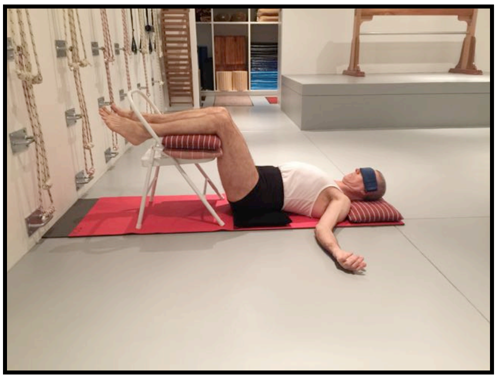
Niralamba Halasana



Setubandha Sarvangasana



Viparita Karani

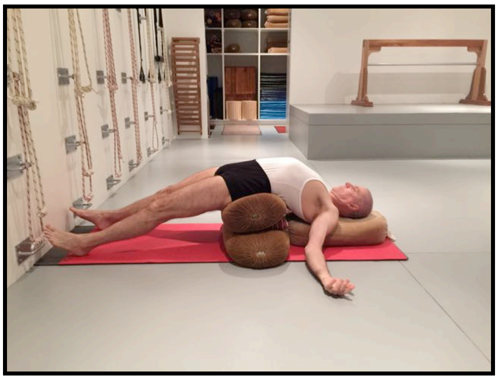


Chair Savasana

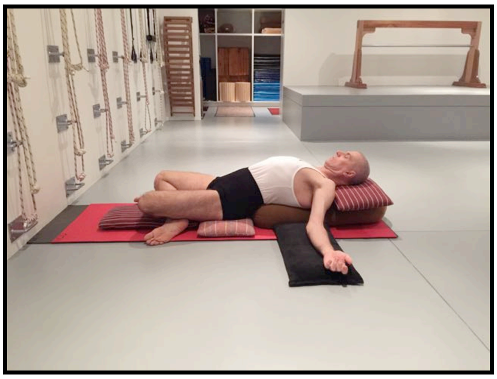
**Yoga Wisdom**

**After a session of yoga,**
**the mind becomes tranquil and passive.**

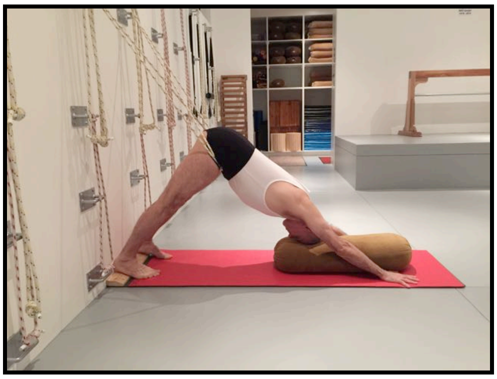
# Sequence 37



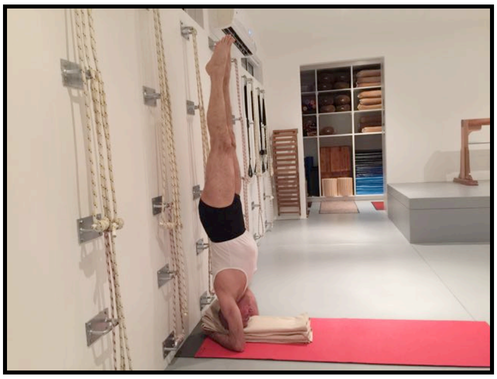
Setubandha Sarvangasana



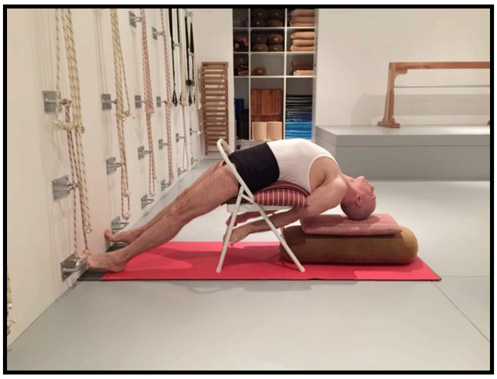
Supta Swastikasana



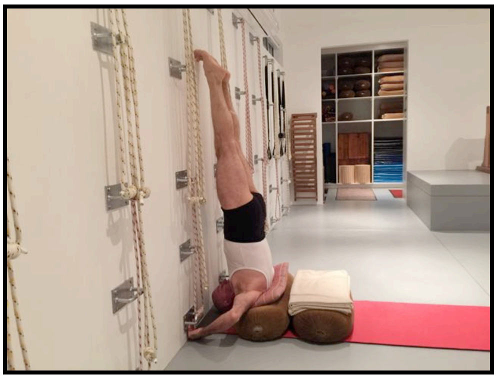
Rope Adho Mukha Svanasana



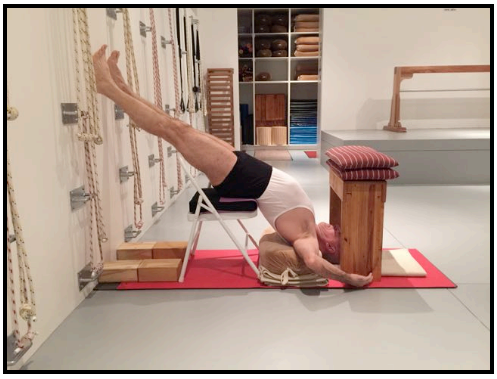
Salamba Sirsasana I



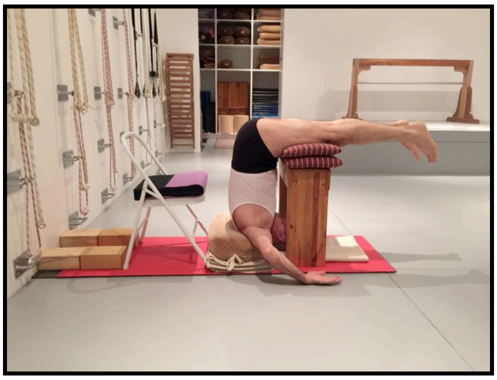
Chair Dwi Pada Viparita Dandasana



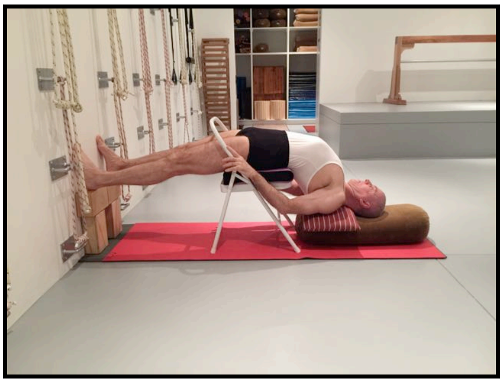
Niralamba Sarvangasana



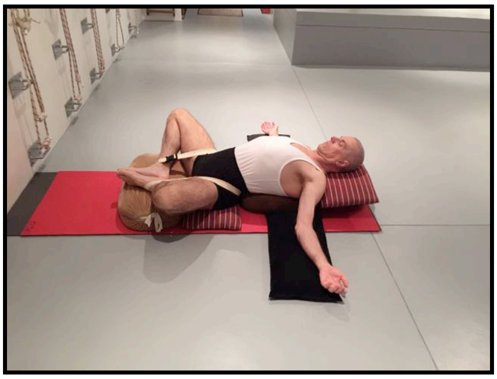
Chair Sarvangasana



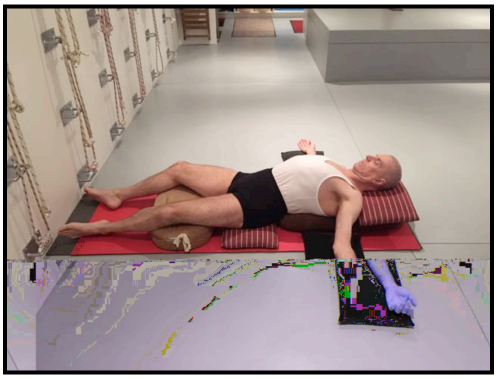
Niralamba Halasana



Chair Setubandha Sarvangasana



Supta Baddha Konasana

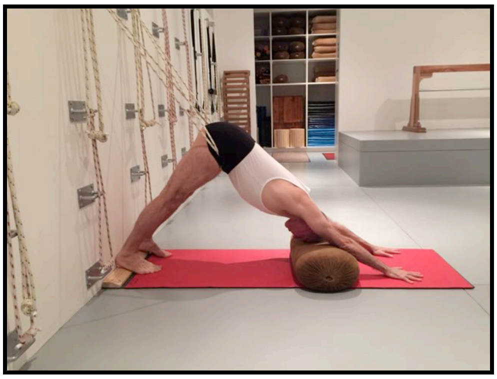


Bolster Savasana

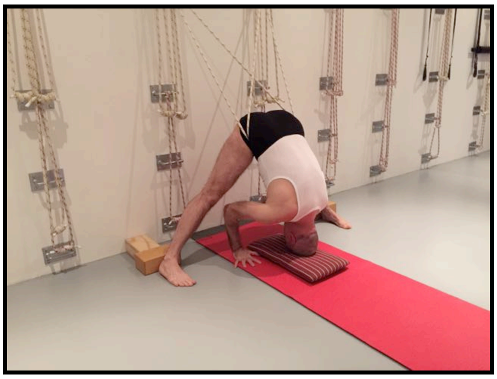
**Yoga Wisdom**

**A yogi's brain extends from the bottom of the feet to the top of his head.**

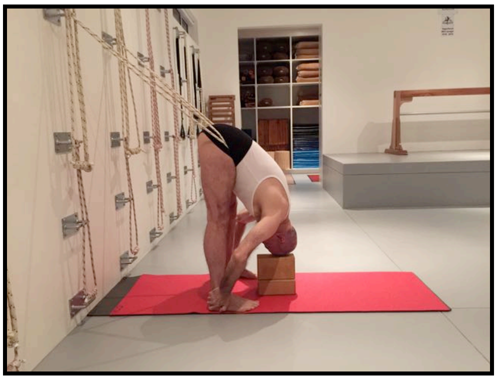
## Sequence 38



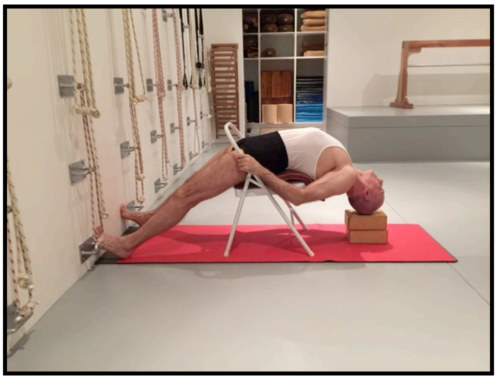
Rope Adho Mukha Svanasana



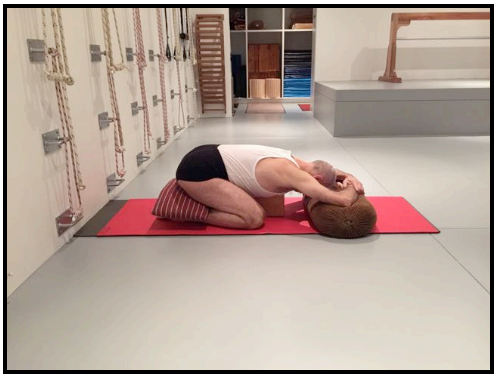
Rope Prasarita Padottanasana I



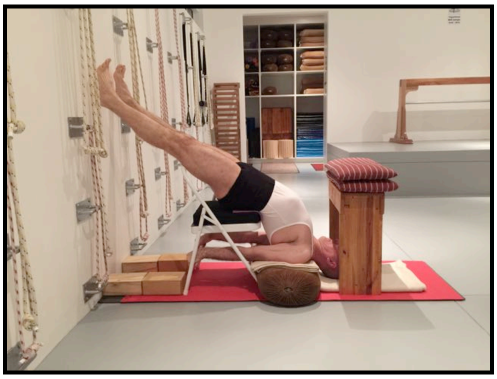
Rope Padagulfasana



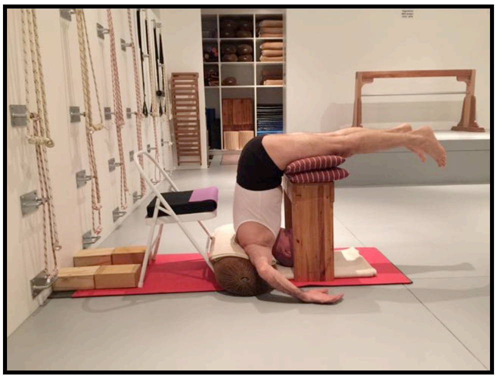
Chair Dwi Pada Viparita Dandasana



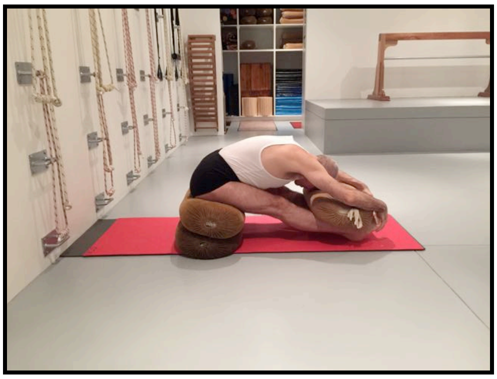
Adho Mukha Virasana



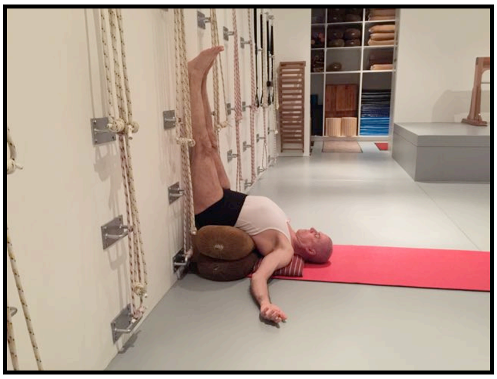
Chair Sarvangasana



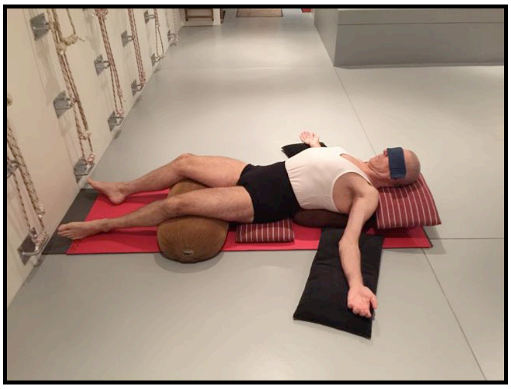
Niralamba Halasana



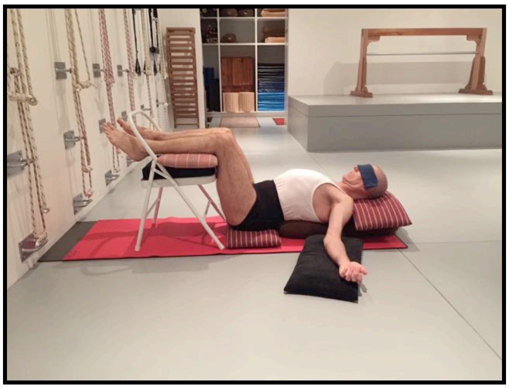
Paschimottanasana



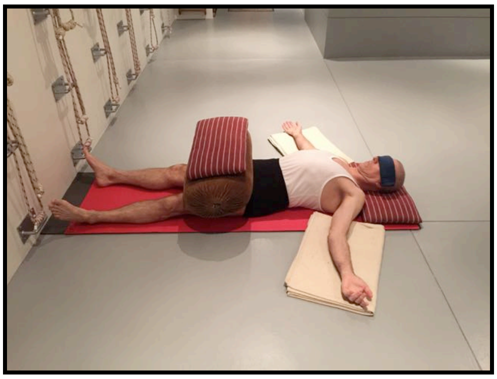
Viparita Karani



Bolster Savasana



Chair Savasana

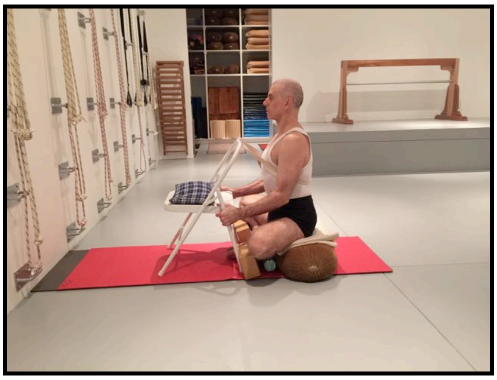


Bolster Savasana

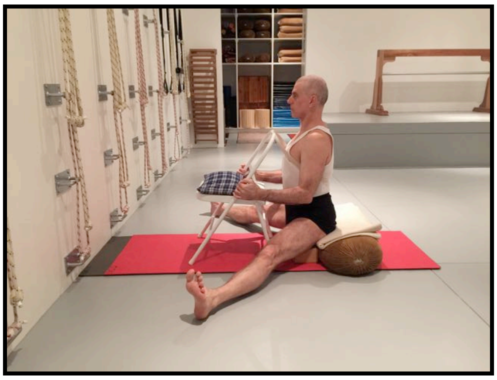
**Yoga Wisdom**

**The aim of yoga is to calm the chaos of conflicting impulses.**

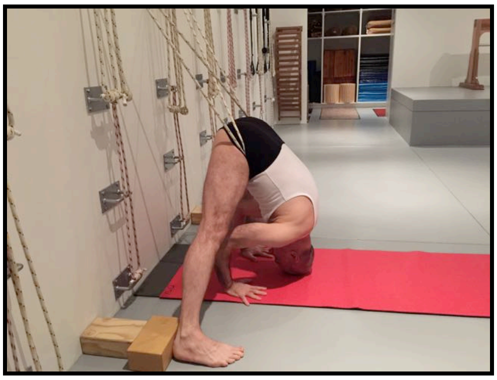
## Sequence 39



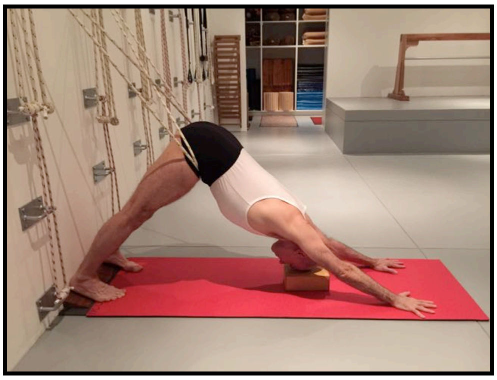
Utthita Baddha Konasana with chair



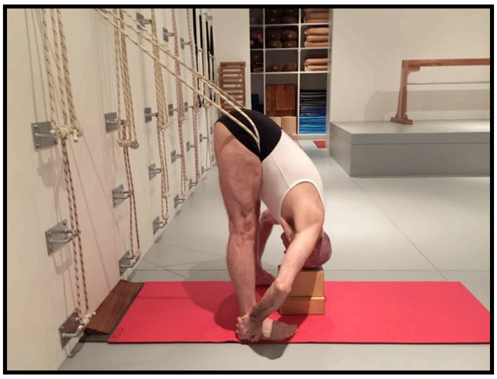
Utthita Upavistha Konasana with chair



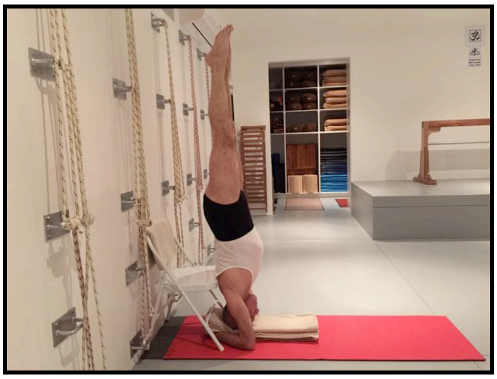
Rope Prasarita Padottanasana I



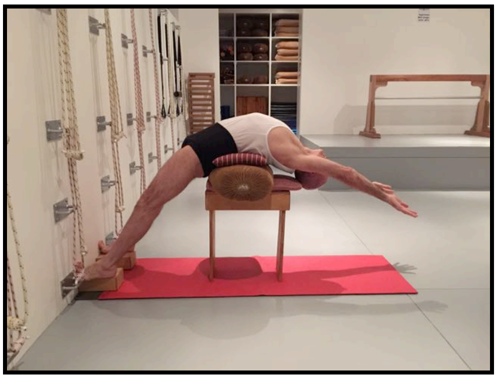
Rope Adho Mukha Svanasana



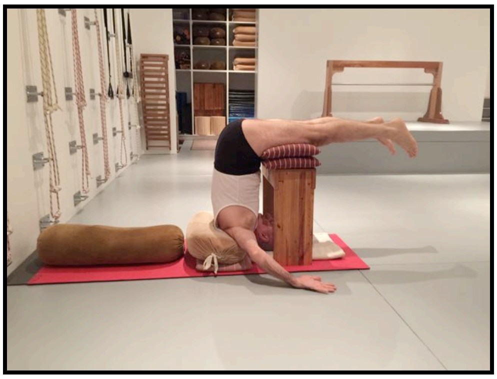
Rope Padagulfasana



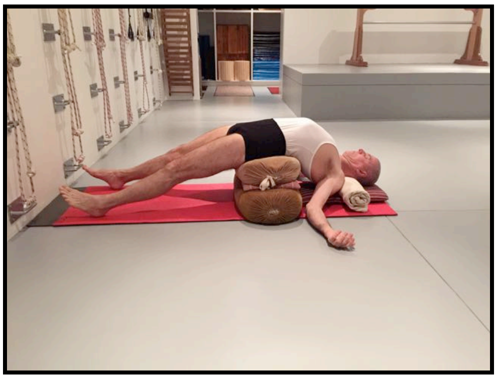
Salamba Sirsasana I with chair



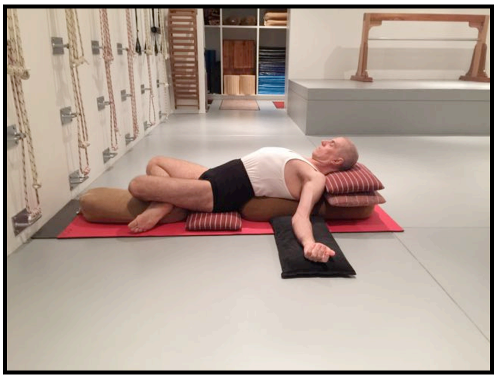
Dwi Pada Viparita Dandasana with Halasana bench



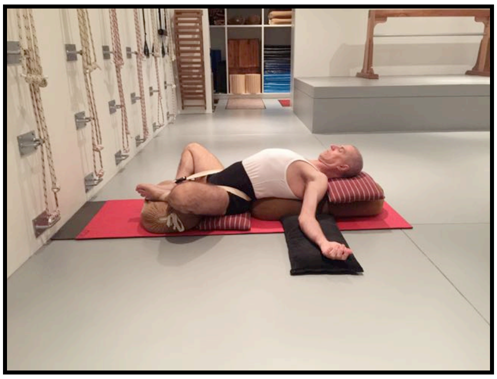
Niralamba Halasana



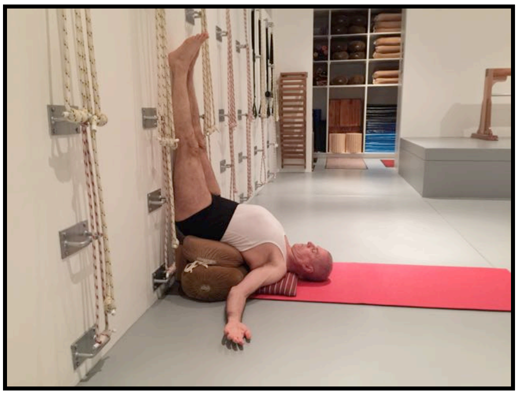
Setubandha Sarvangasana



Supta Swastikasana



Supta Baddha Konasana

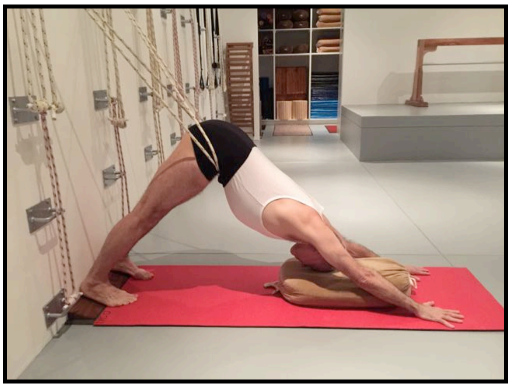


Viparita Karani

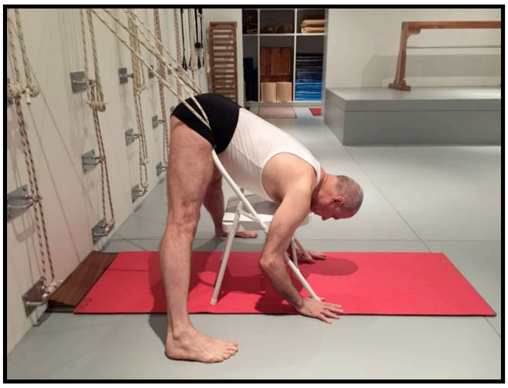
**Yoga Wisdom**

**The practice of yoga helps to change a person's mental attitude in a positive way.**

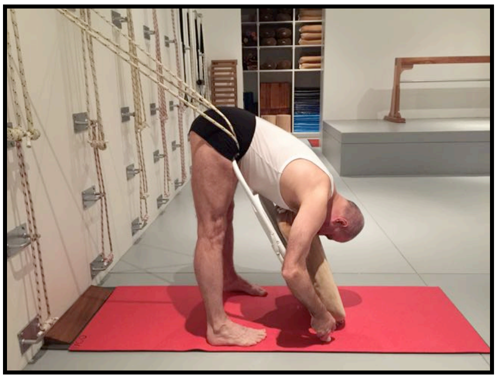
## Sequence 40



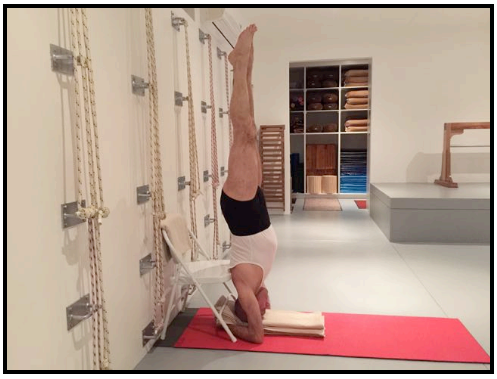
Rope Adho Mukha Svanasana



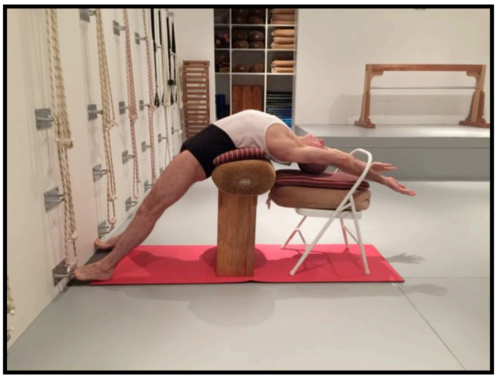
Rope Prasarita Padottanasana I



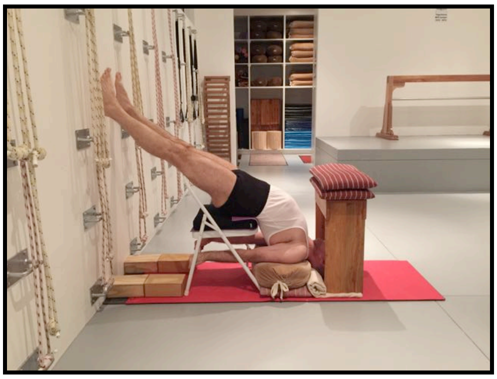
Uttanasana with chair and rope



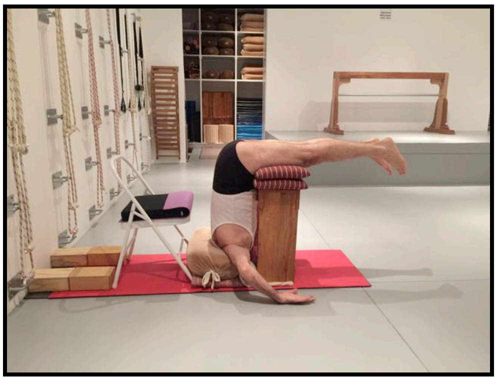
Salamba Sirsasana I with chair



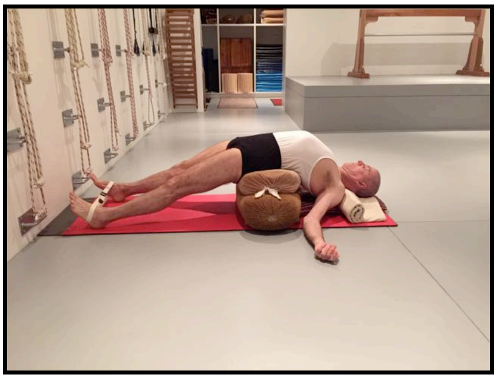
Dwi Pada Viparita Dandasana with bench and chair

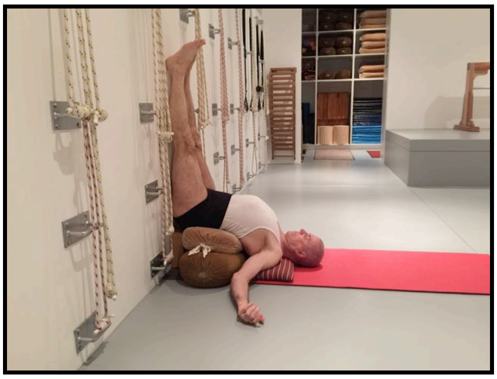


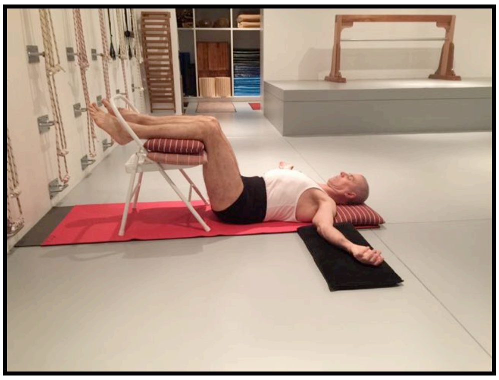
Chair Sarvangasana



Niralamba Halasana


Setubandha Sarvangasana

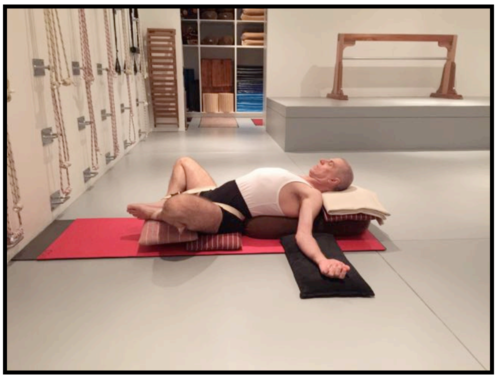

Viparita Karani

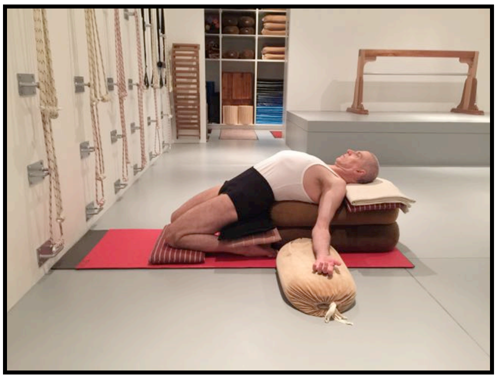

Chair Savasana

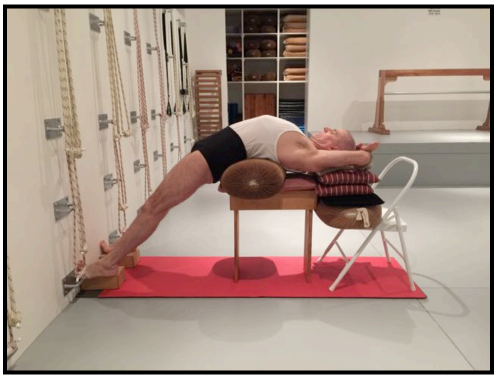
**Yoga Wisdom**

**Asanas keep your body as well as your mind healthy and active.**

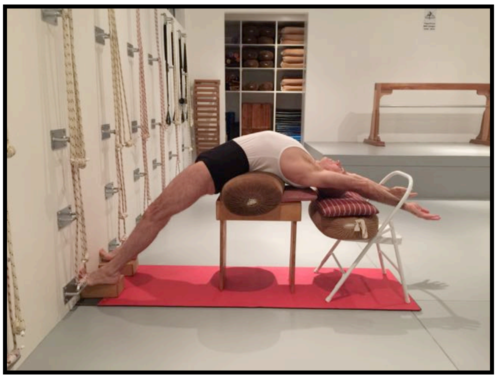
## Sequence 41


Supta Baddha Konasana

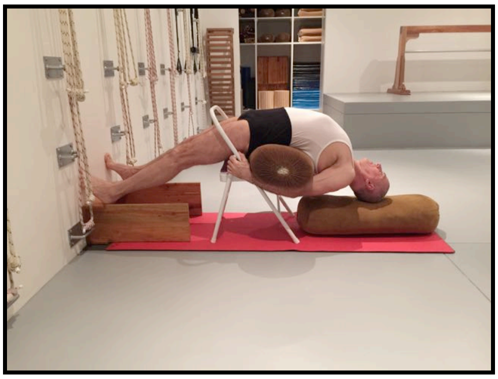

Supta Virasana



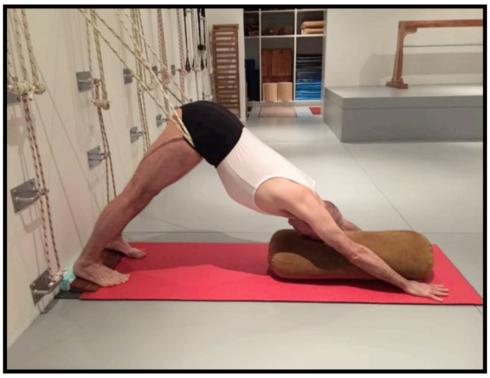
Salamba Purvottanasana
with bench and chair



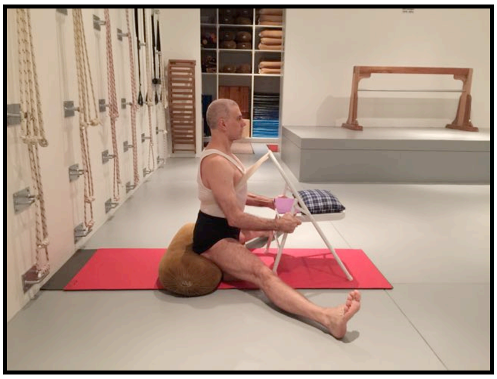
Dwi Pada Viparita Dandasana
with bench and chair



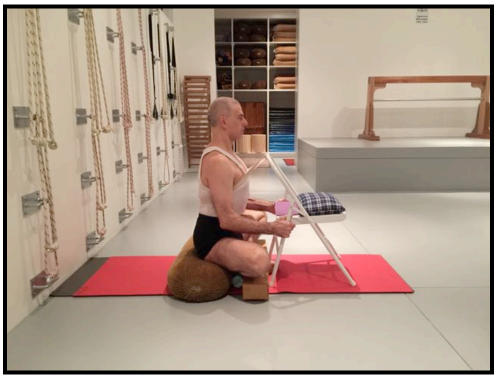
Chair Dwi Pada Viparita
Dandasana



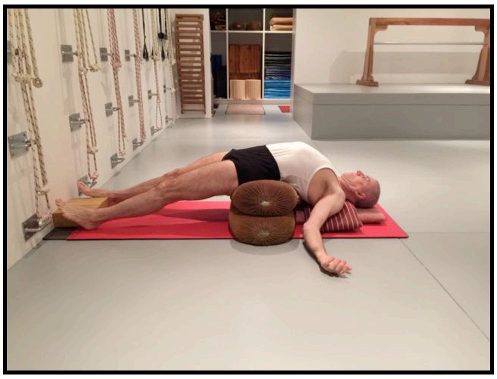
Rope Adho Mukha Svanasana



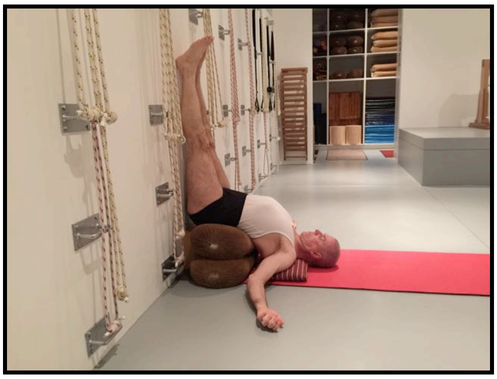
Utthita Upavistha Konasana
with chair



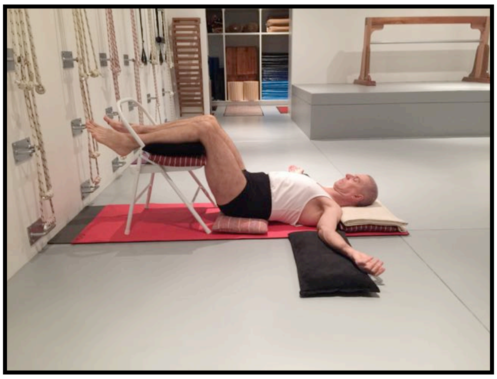
Utthita Baddha Konasana
with chair



Setubandha Sarvangasana



Viparita Karani

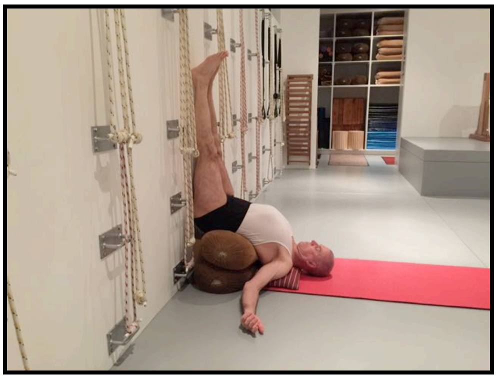


Chair Savasana

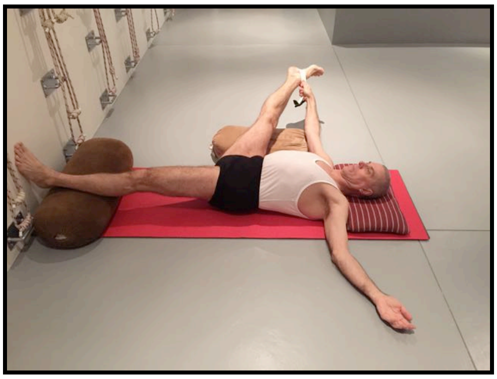
**Yoga Wisdom**

**If you practice yoga every day with perseverance, you will be able to face the turmoil of life with steadiness and maturity.**

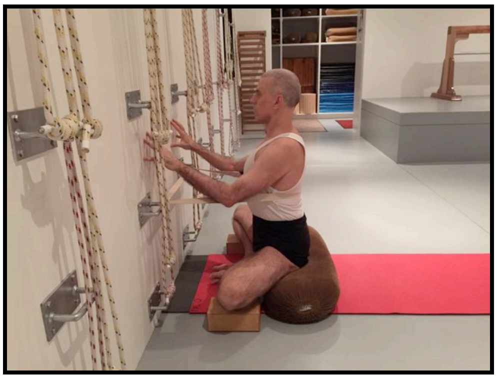
Sequence 42



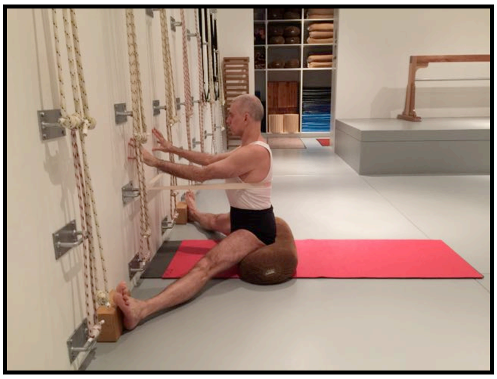
Viparita Karani



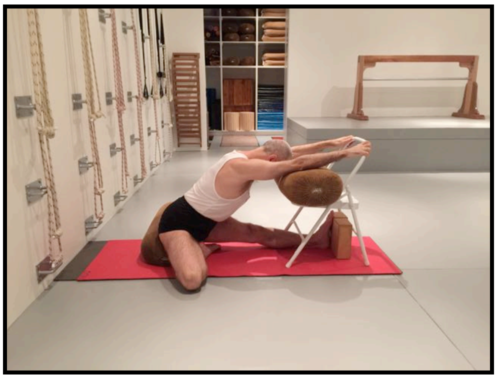
Supta Padangusthasana II



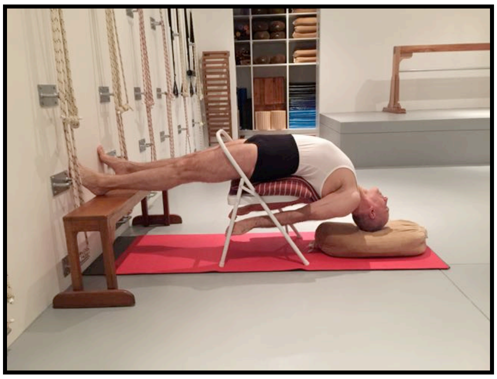
Utthita Baddha Konasana



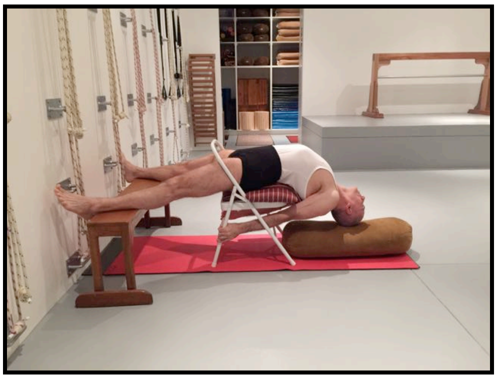
Utthita Upavistha Konasana



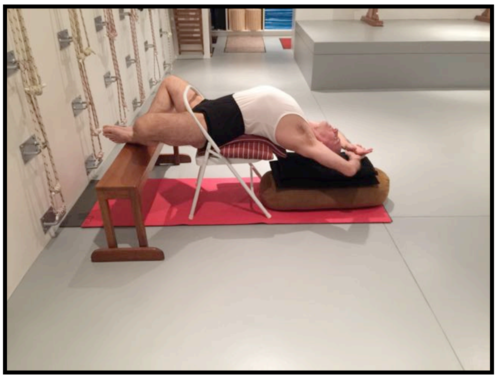
Janu Sirsasana with chair



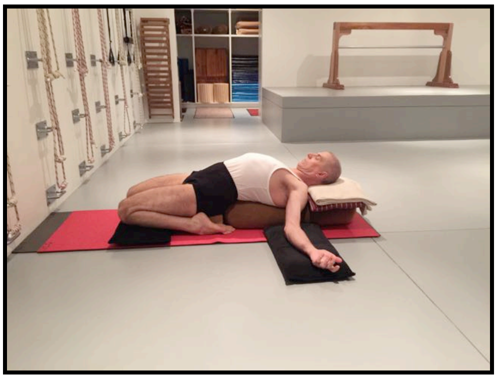
Chair Dwi Pada Viparita Dandasana



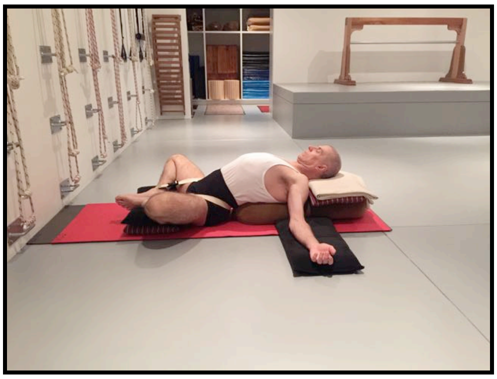
Chair Dwi Pada Viparita Dandasana Upavistha Konasana legs



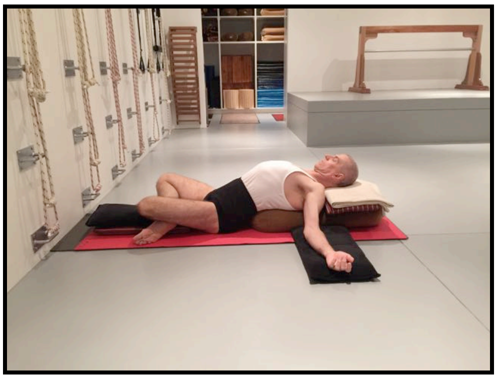
Chair Dwi Pada Viparita Dandasana Baddha Konasana legs



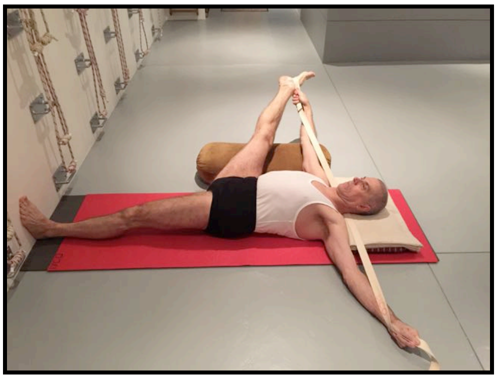
Supta Virasana



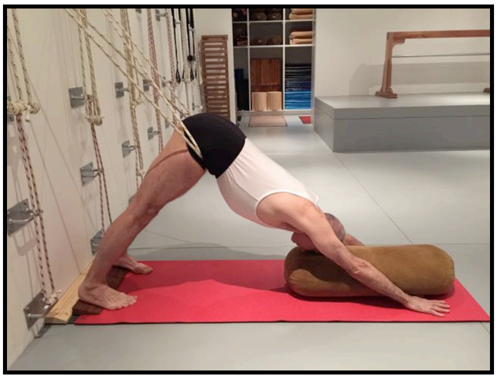
Supta Baddha Konasana



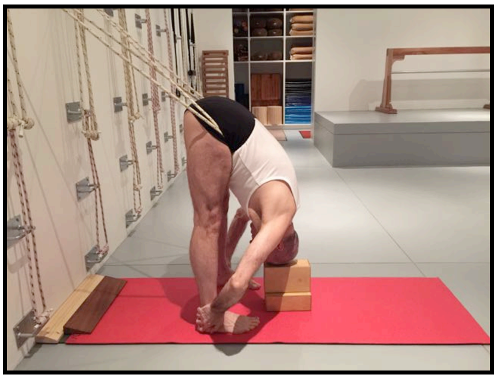
Supta Swastikasana



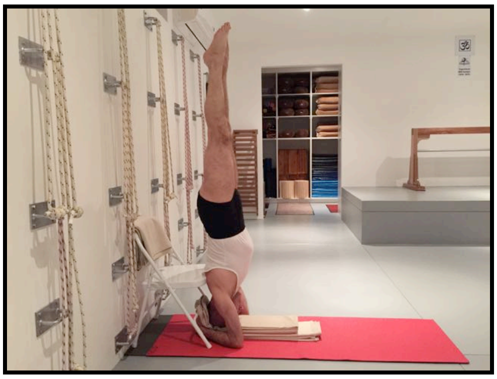
Supta Padangusthasana I



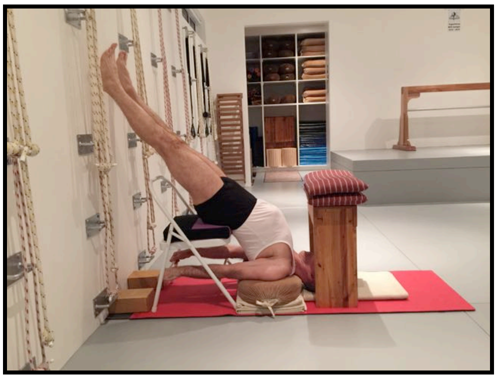
Rope Adho Mukha Svanasana



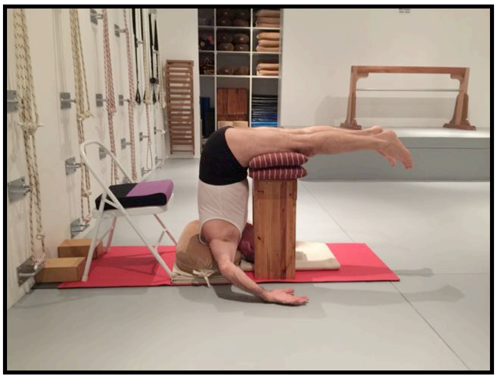
Rope Padagulfasana



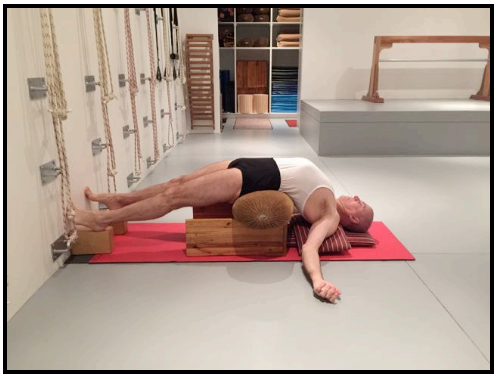
Salamba Sirsasana I with chair



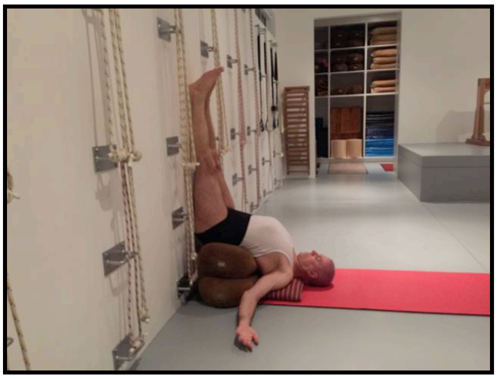
Chair Sarvangasana



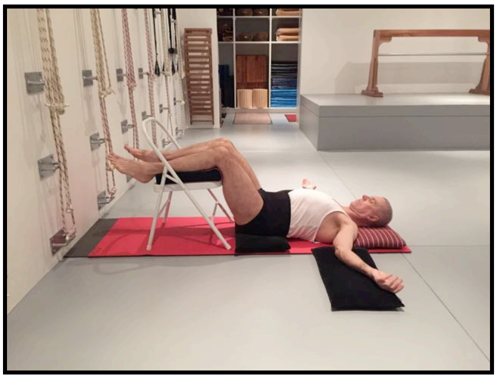
Niralamba Halasana



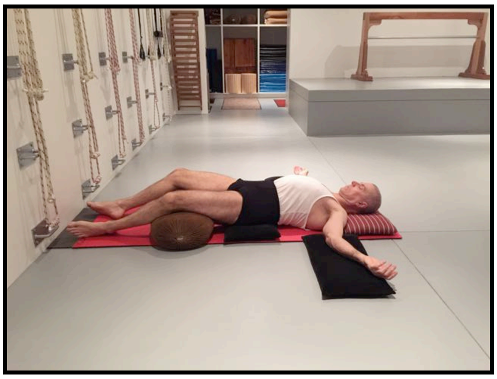
Setubandha Sarvangasana



Viparita Karani



Chair Savasana

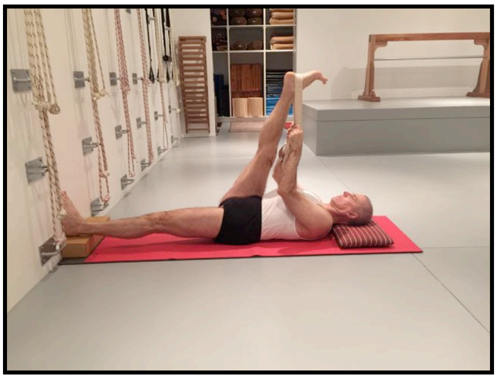


Bolster Savasana

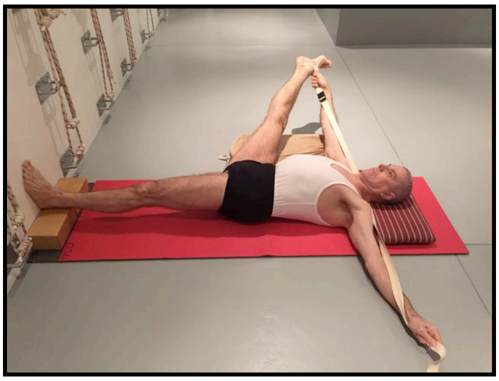
**Yoga Wisdom**

**Asanas penetrate deep into each layer of the body and ultimately into the consciousness itself.**

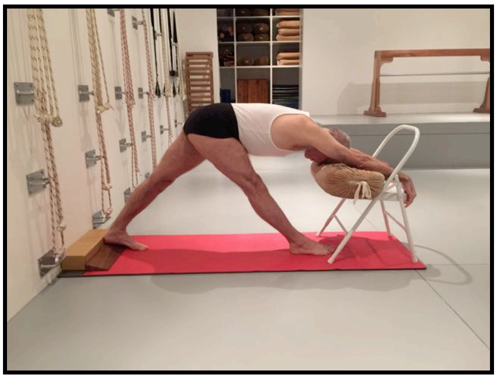
## Sequence 43



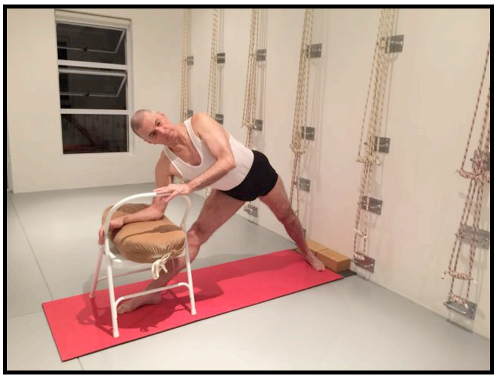
Supta Padangusthasana I



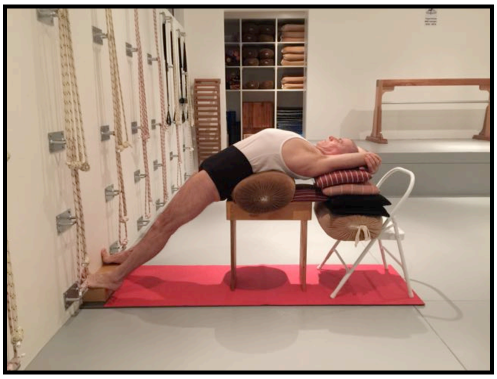
Supta Padangusthasana II



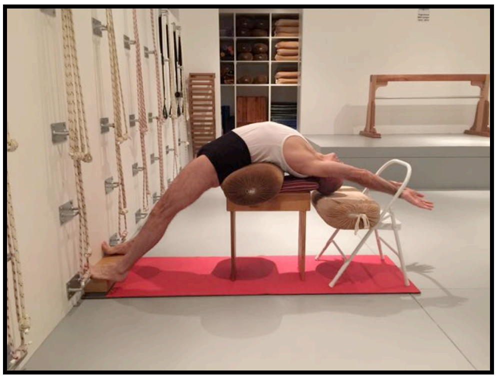
Parsvottanasana with chair



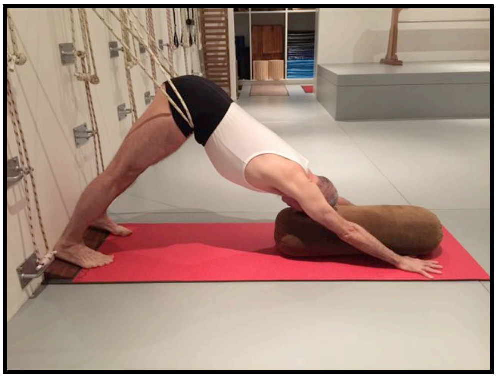
Utthita Trikonasana with chair



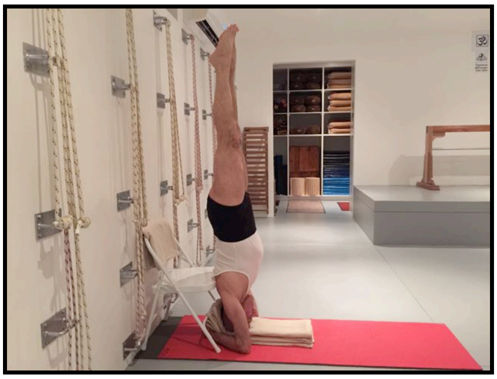
Salamba Purvottanasana
with bench and chair



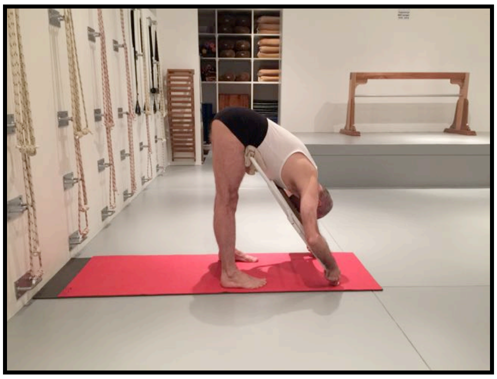
Dwi Pada Viparita Dandasana
with bench and chair



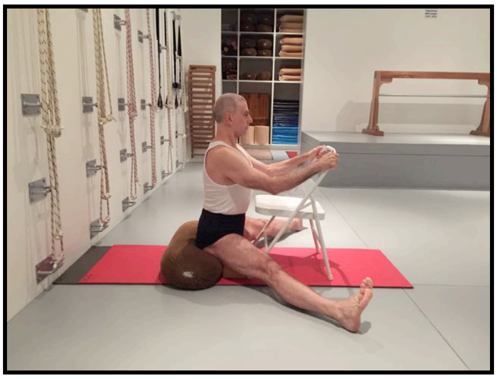
Rope Adho Mukha Svanasana



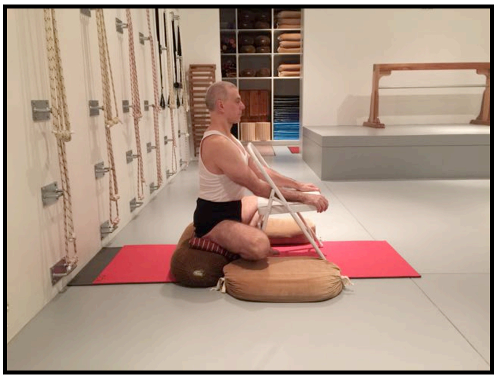
Salamba Sirsasana I with chair



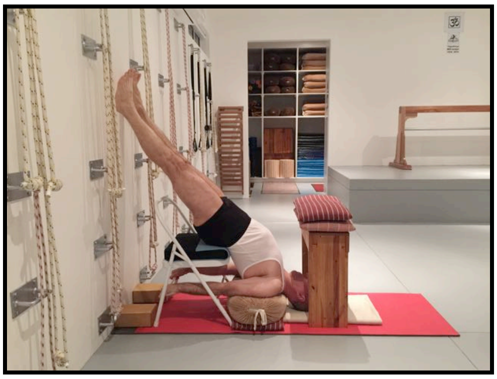
Uttanasana with chair



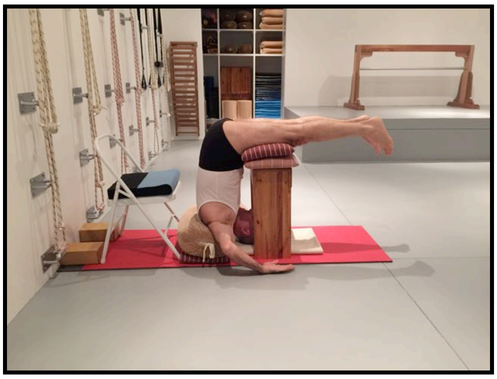
Utthita Upavistha Konasana
with chair



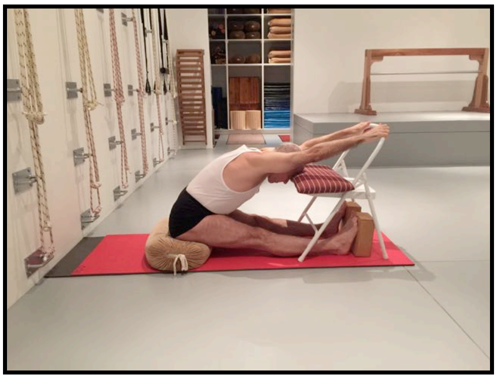
Utthita Baddha Konasana
with chair



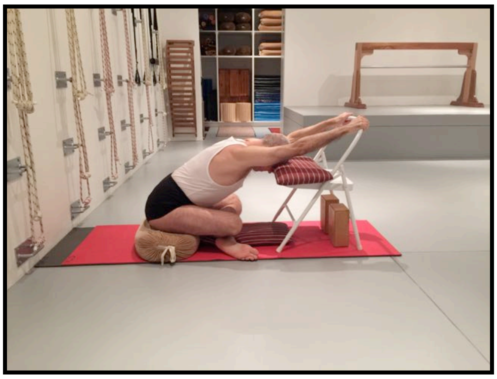
Chair Sarvangasana



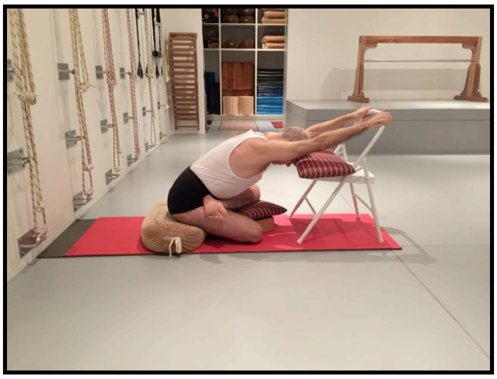
Niralamba Halasana



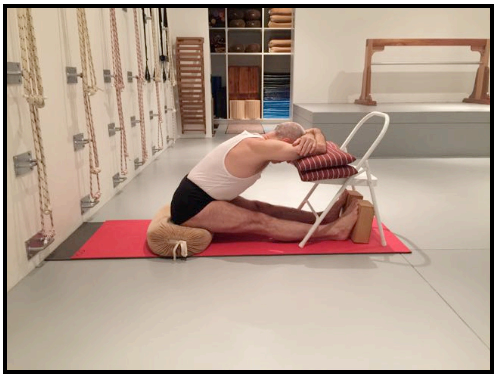
Paschimottanasana
with chair



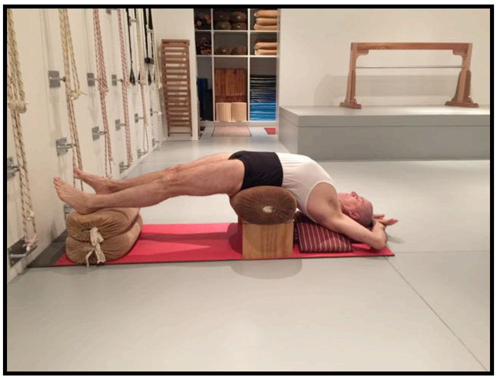
Adho Mukha Swastikasana
with chair



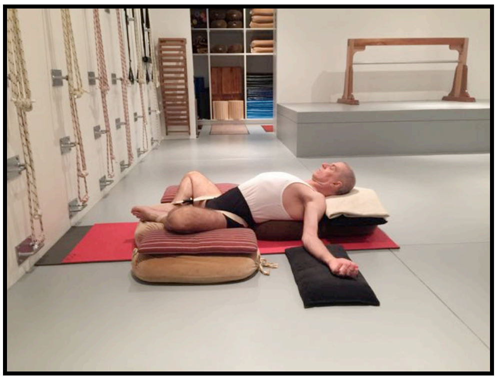
Adho Mukha Bhadrasana
with chair



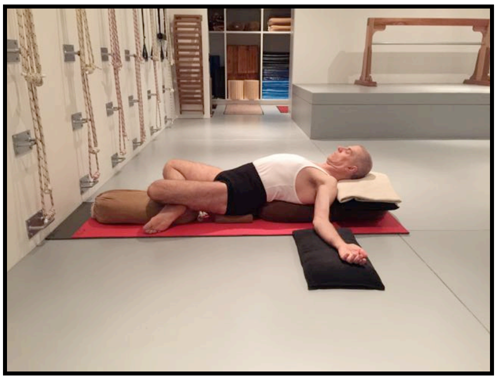
Paschimottanasana
with chair



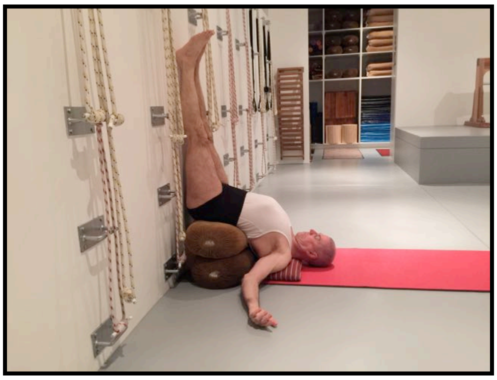
Setubandha Sarvangasana



Supta Baddha Konasana



Supta Swastikasana

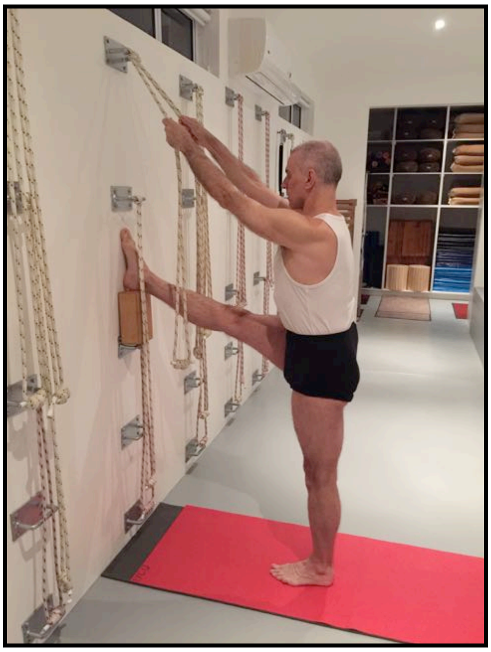


Viparita Karani

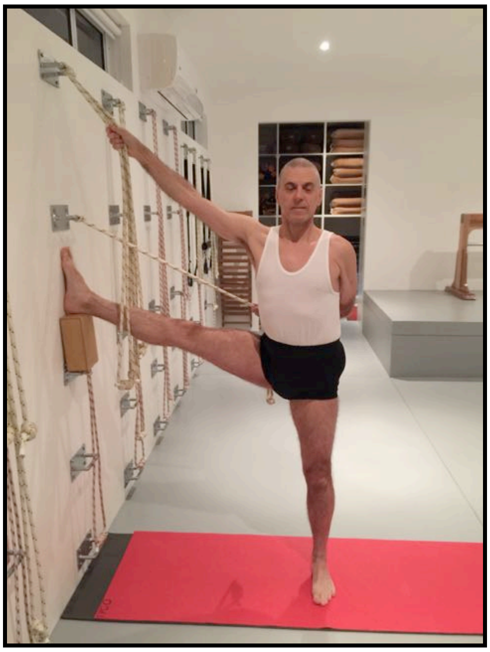
**Yoga Wisdom**

**The rhythm of the body,
the melody of the mind and
the harmony of the Soul,
create the symphony of life.**

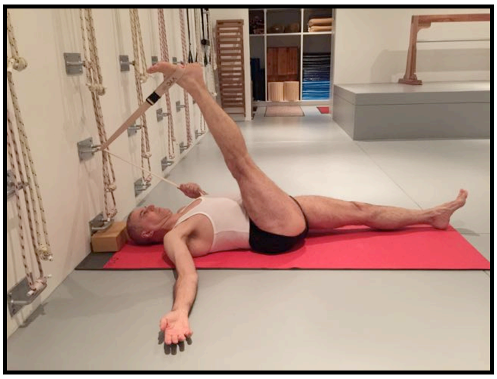
Sequence 44



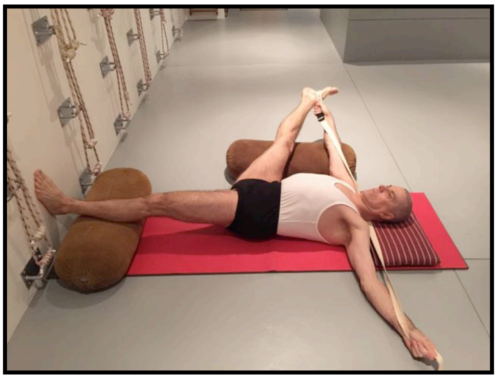
Utthita Hasta
Padangusthasana I



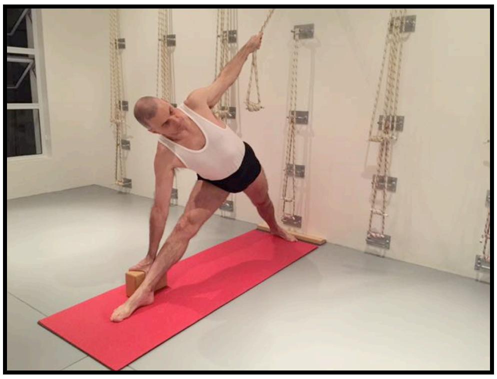
Utthita Hasta
Padangusthasana II



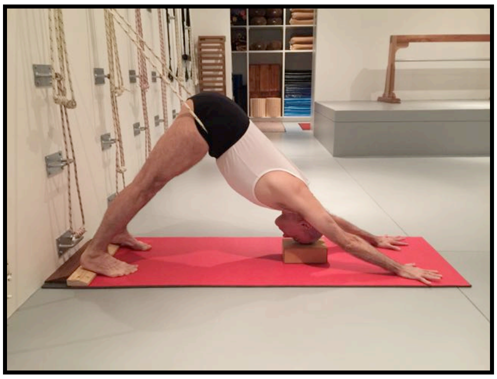
Supta Padangusthasana I



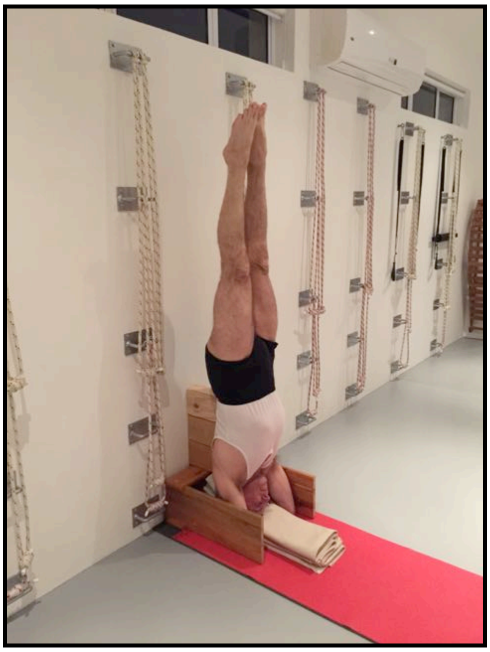
Supta Padangusthasana I



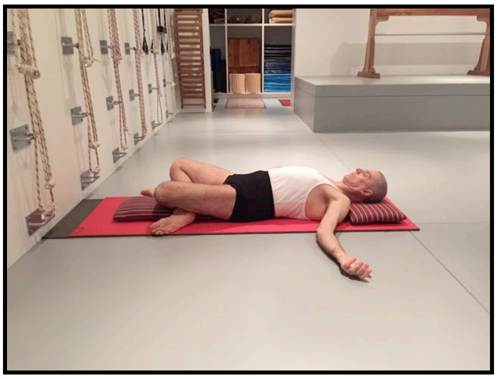
Utthita Trikonasana with rope



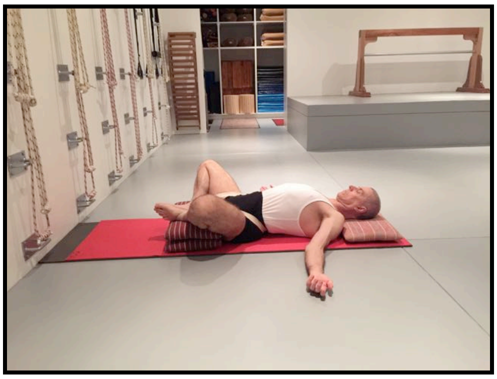
Rope Adho Mukha Svanasana



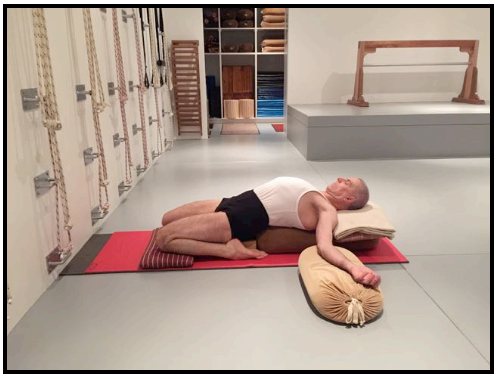
Salamba Sirsasana I with blocks (for dorsal support)



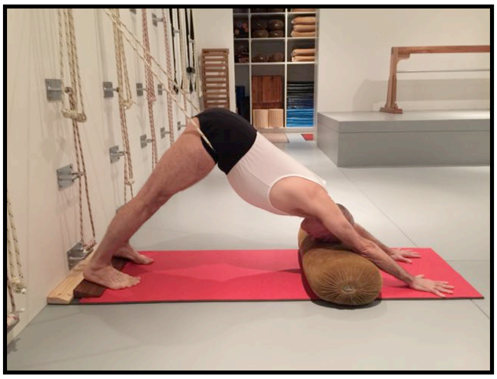
Supta Swastikasana



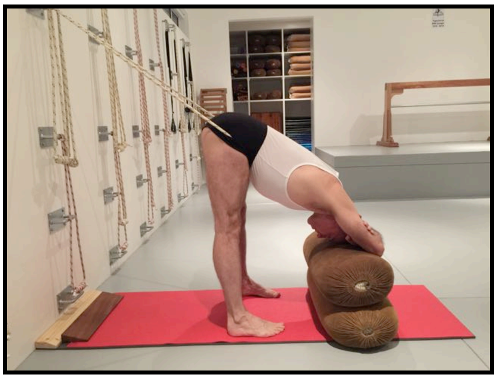
Supta Baddha Konasana



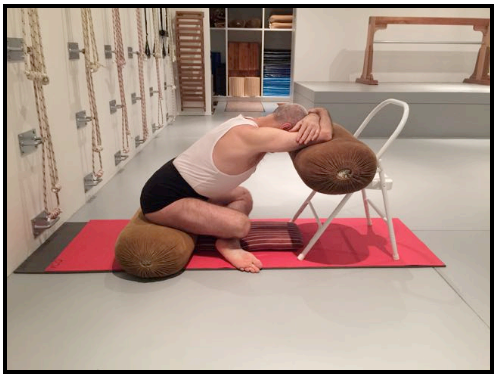
Supta Virasana



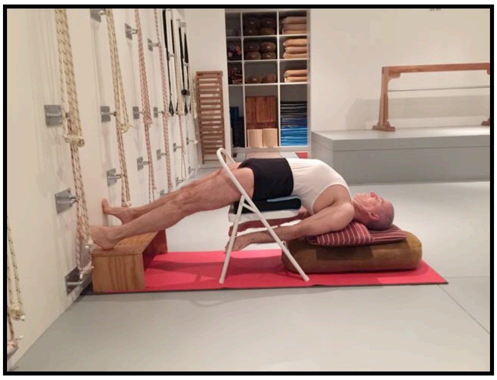
Rope Adho Mukha Svanasana



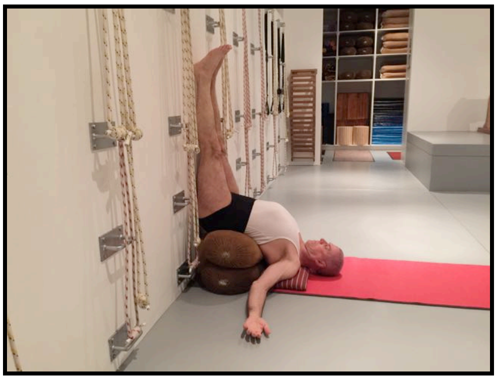
Rope Uttanasana



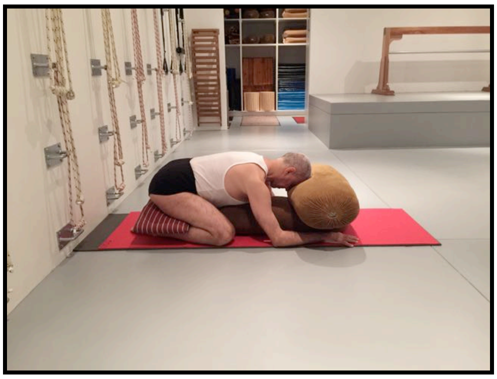
Adho Mukha Swastikasana with chair



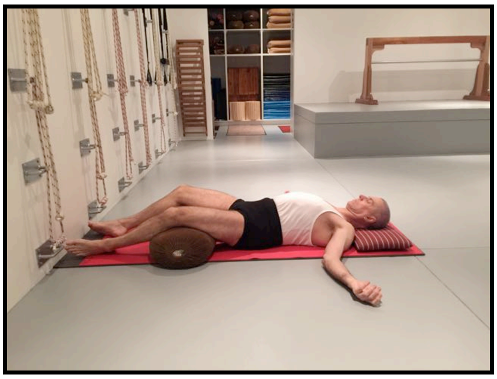
Chair Setubandha Sarvangasana



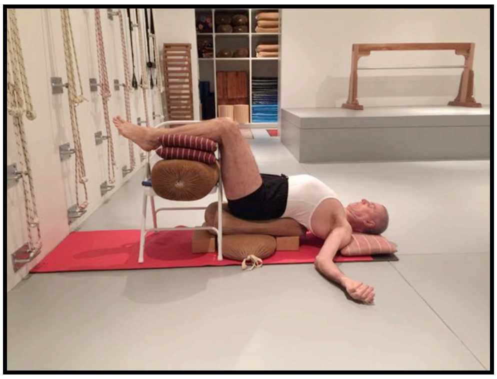
Viparita Karani



Adho Mukha Virasana



Bolster Savasana

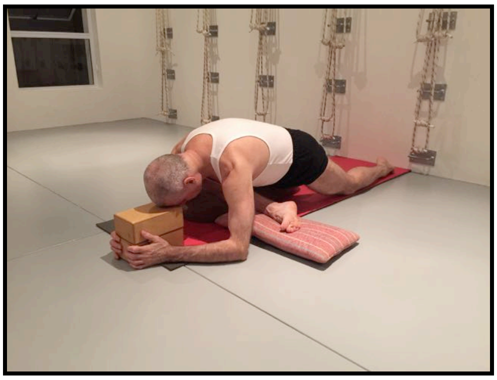


Chair Savasana

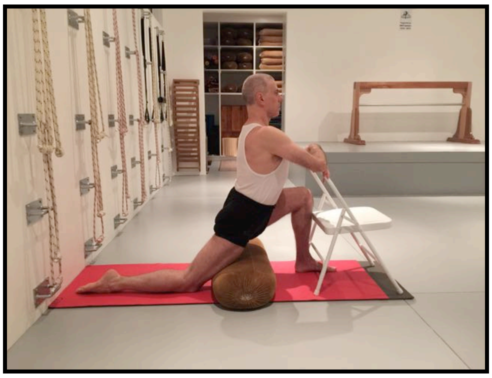
**Yoga Wisdom**

**Total exertion brings total relaxation.**

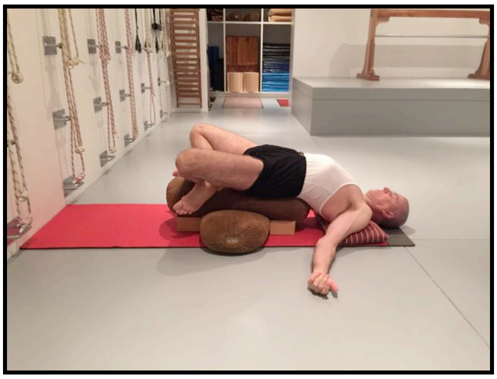
## Sequence 45



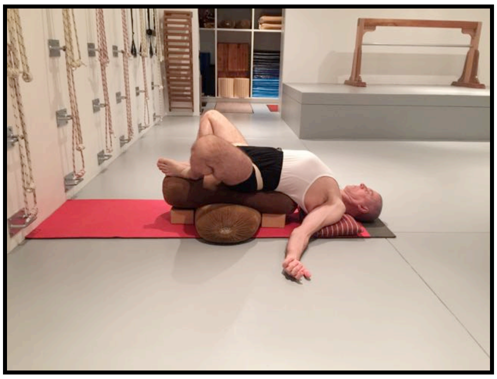
Eka Pada Rajakapotasana forward



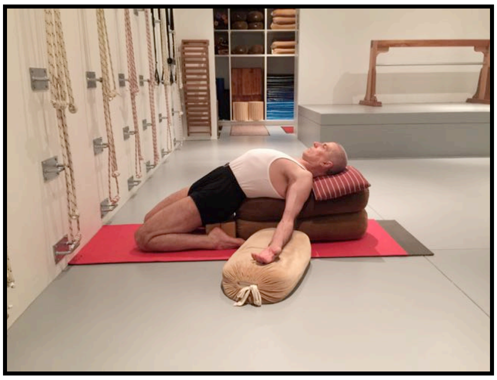
Anjaneyasana with chair



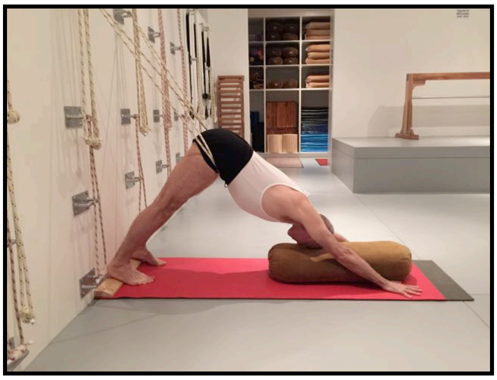
Setubandha Sarvangasana
Swastikasana legs



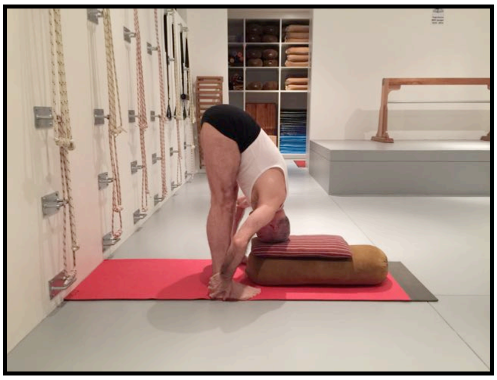
Setubandha Sarvangasana
Baddha Konasana legs



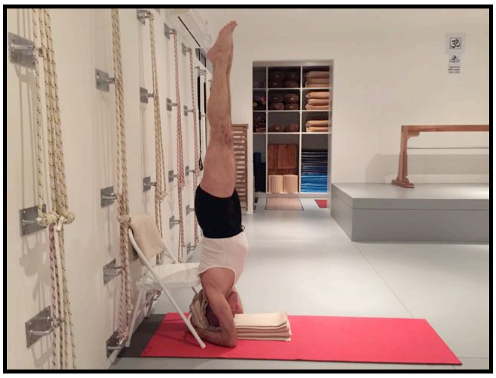
Supta Virasana



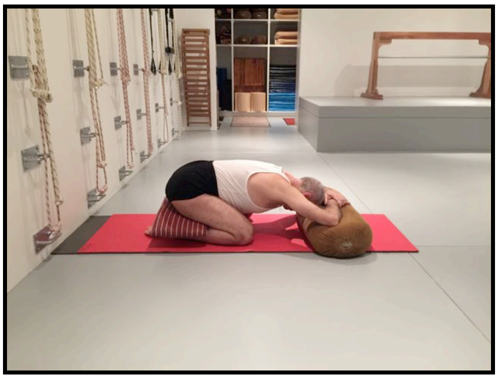
Rope Adho Mukha Svanasana



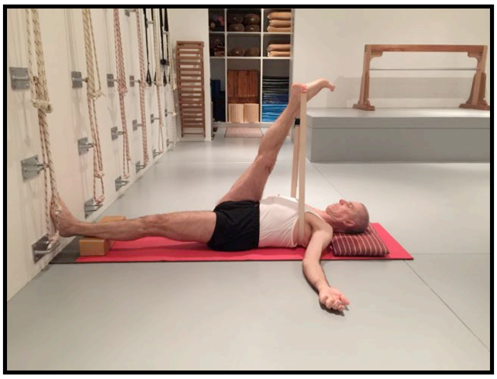
Padagulfasana



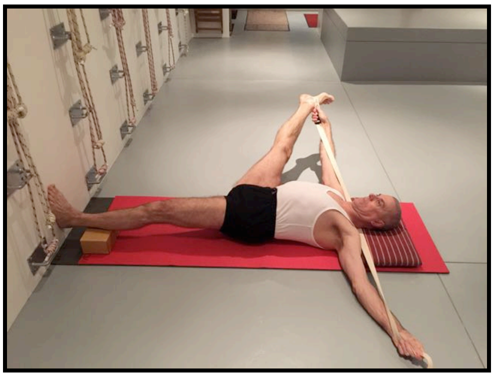
Salamba Sirsasana I
with chair



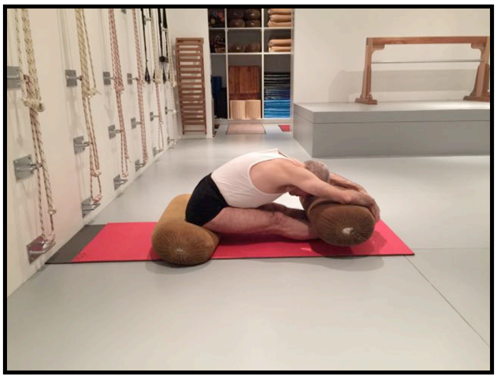
Adho Mukha Virasana



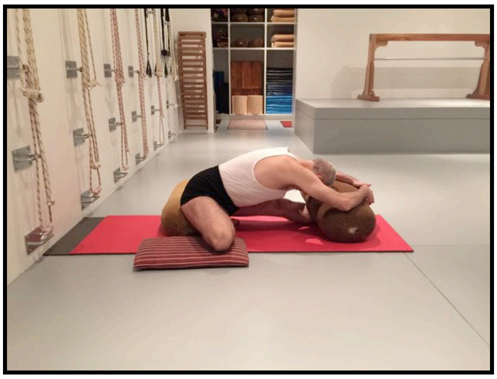
Supta Padangusthasana I



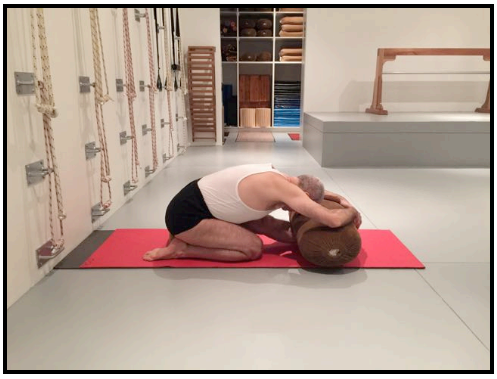
Supta Padangusthasana II



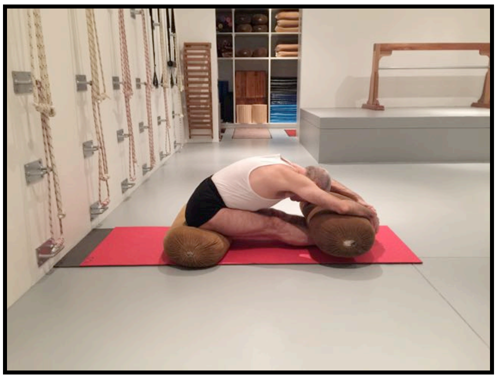
Paschimottanasana



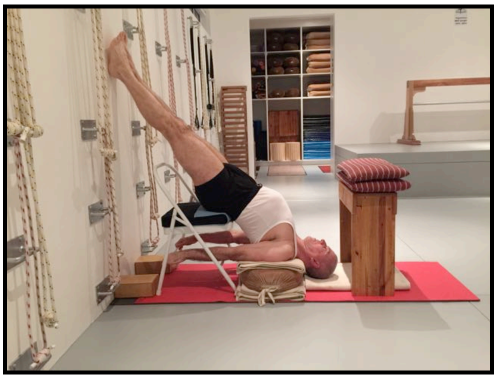
Janu Sirsasana



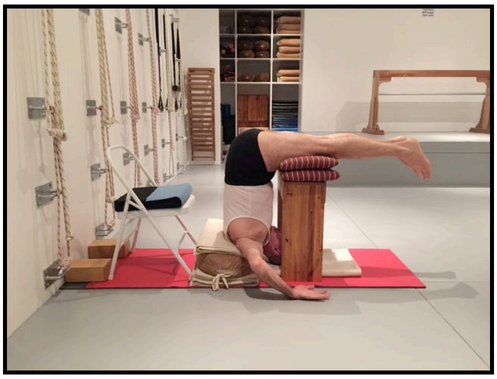
Triang Mukhaikapada Paschimottanasana



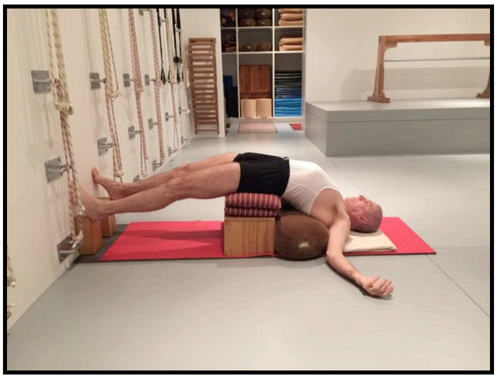
Paschimottanasana



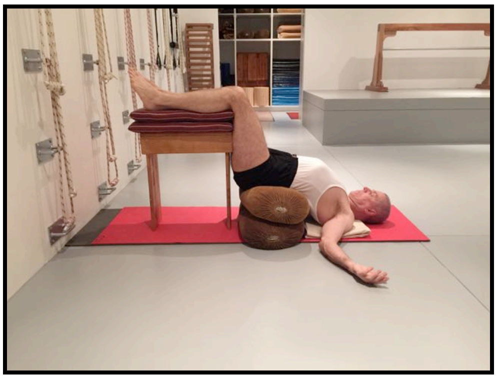
Chair Sarvangasana



Niralamba Halasana



Setubandha Sarvangasana

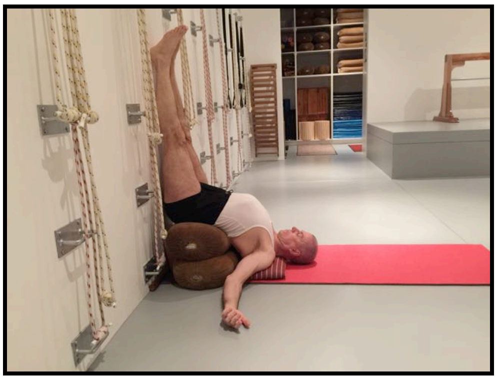


Viparita Karani with bench

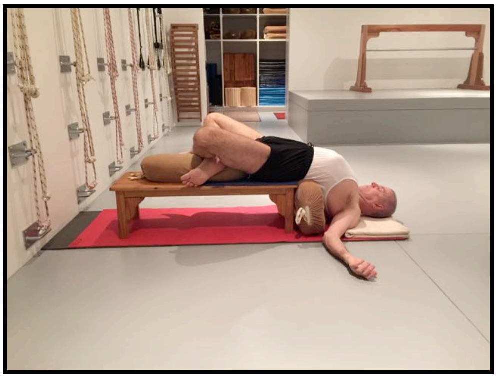
**Yoga Wisdom**

**The ethical discipline of the asana comes when you extend your body correctly, evenly and to the maximum.**

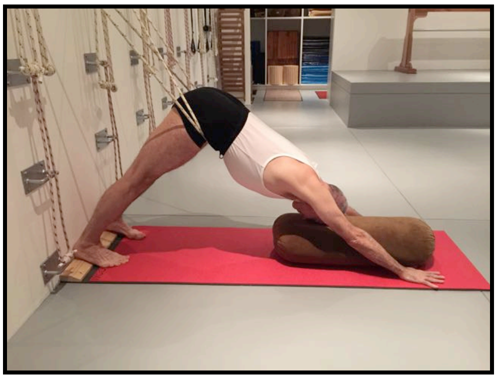
Sequence 46



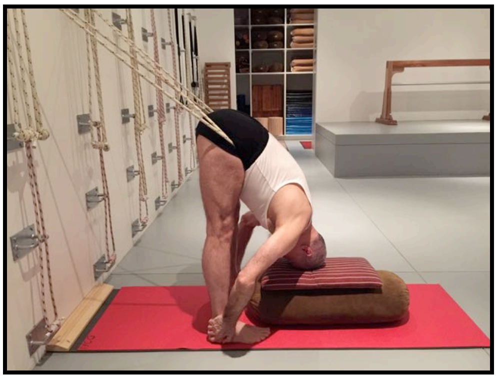
Viparita Karani



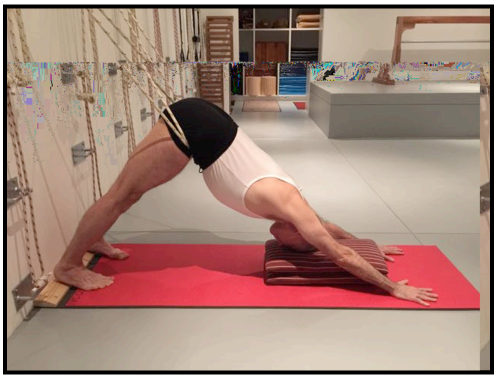
Setubandha Sarvangasana
Baddha Konasana legs



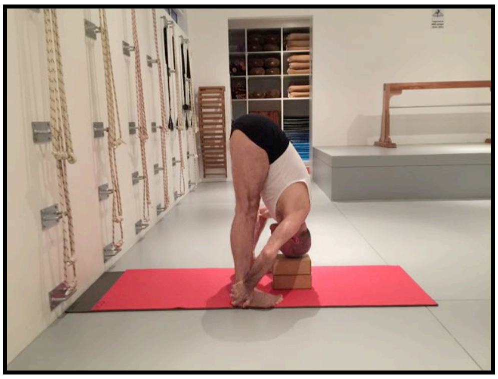
Rope Adho Mukha Svanasana



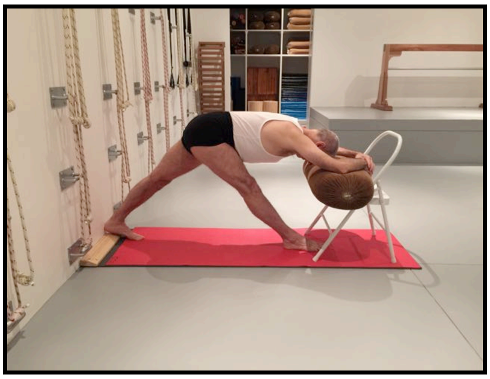
Rope Padagulfasana



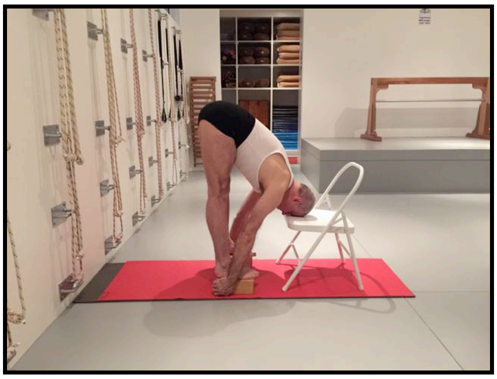
Rope Adho Mukha Svanasana



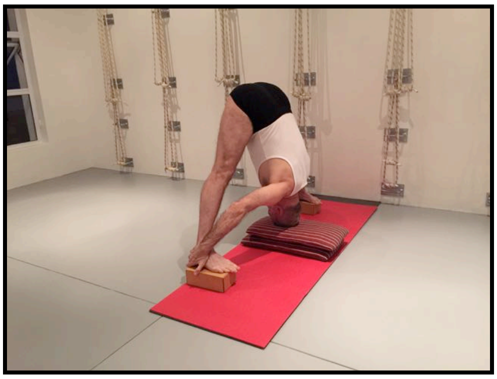
Padagulfasana



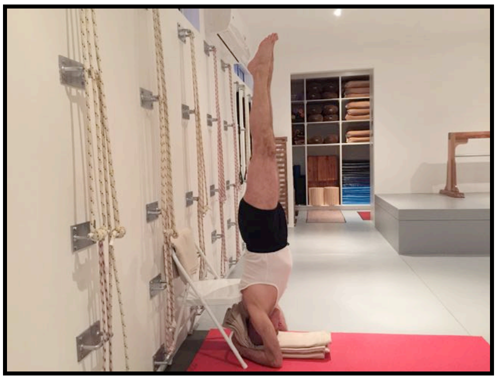
Parsvottanasana with chair



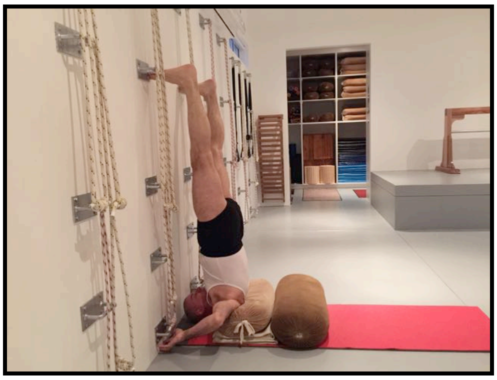
Padagulfasana with chair



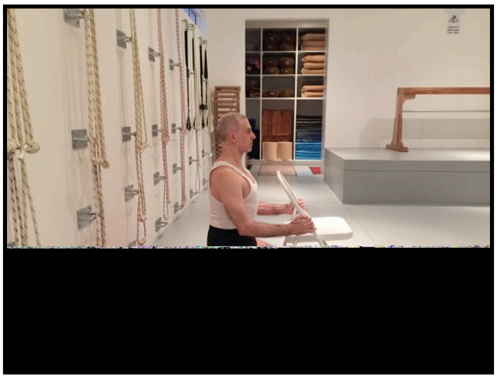
Prasarita Padottanasana I



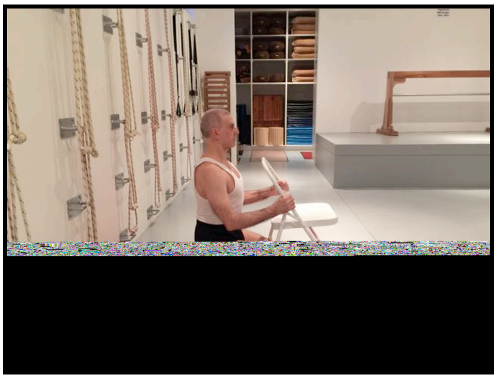
Salamba Sirsasana I
with chair



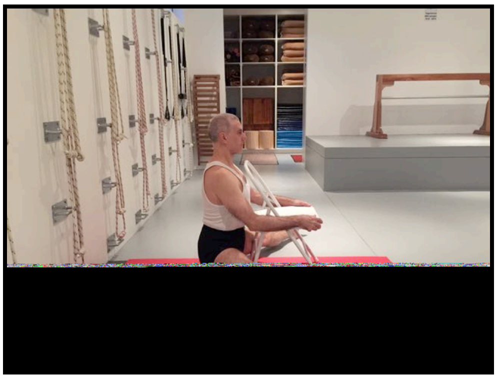
Niralamba Sarvangasana I



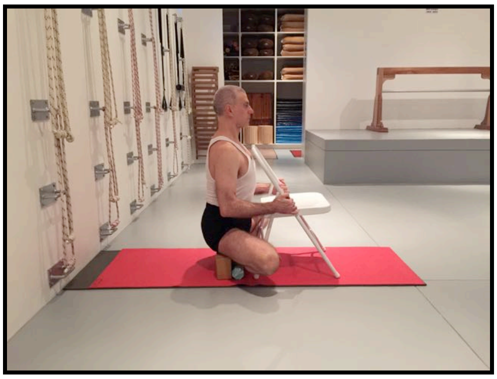
Utthita Vajrasana
with chair



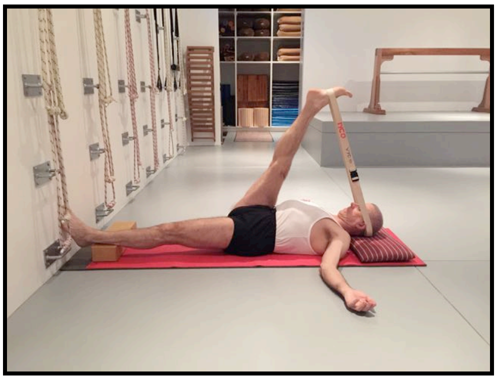
Utthita Virasana
with chair



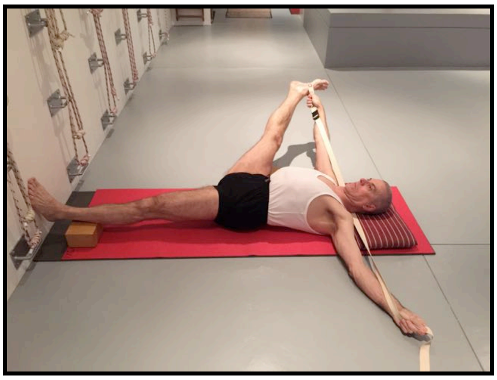
Utthita Upavistha Konasana
with chair



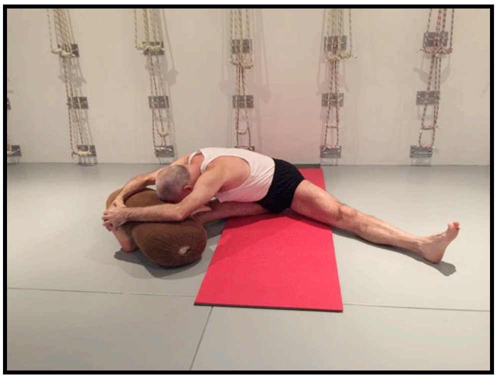
Utthita Baddha Konasana
with chair



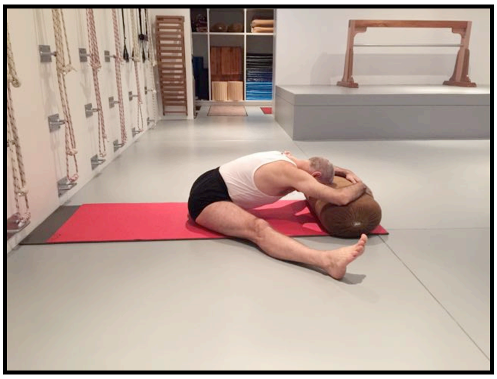
Supta Padangusthasana I



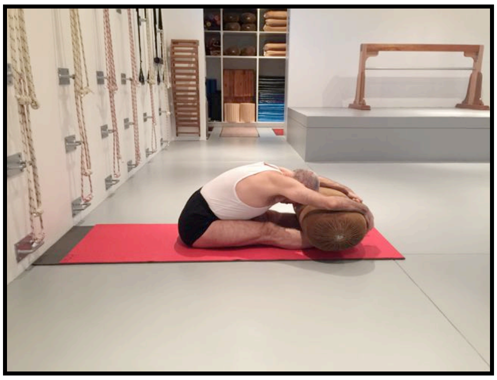
Supta Padangusthasana II



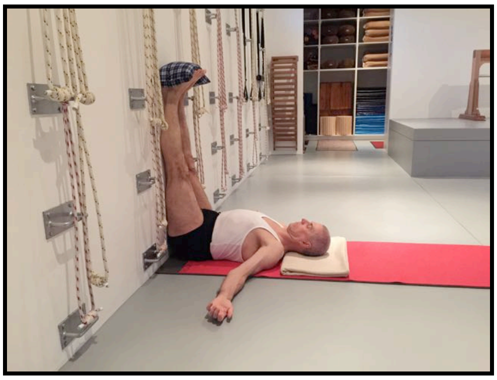
Adho Mukha Parsva
Upavistha Konasana



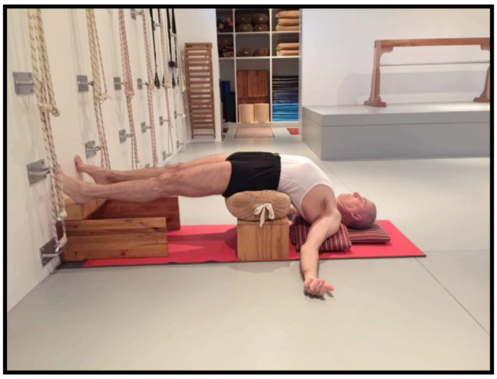
Adho Mukha Upavistha
Konasana



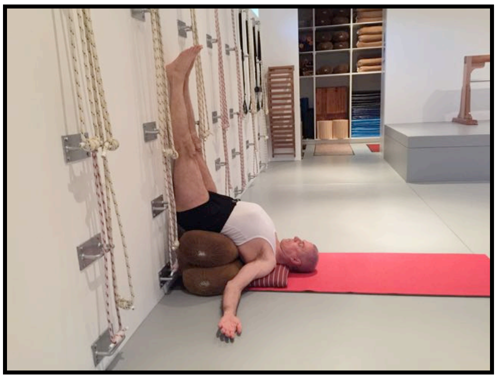
Paschimottanasana



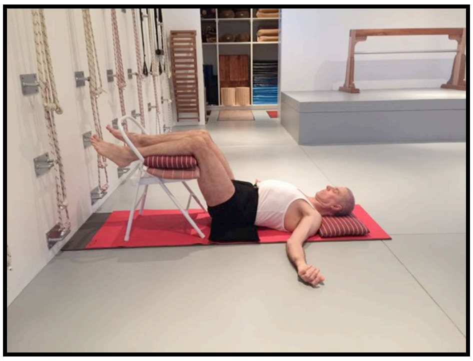
Viparita Karani



Setubandha Sarvangasana



Viparita Karani

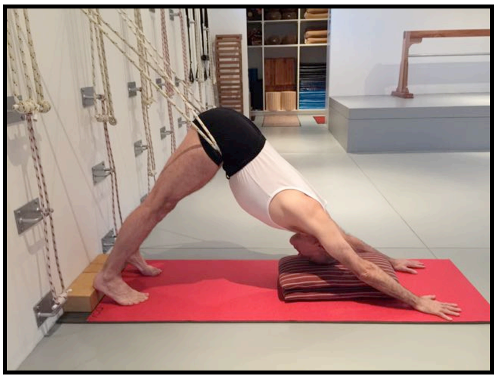


Chair Savasana

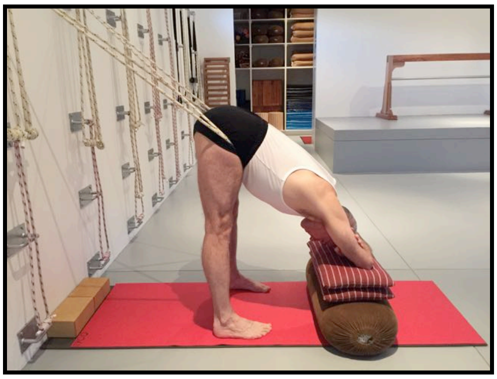
**Yoga Wisdom**

**Yoga is the golden key, which unlocks the door to peace, tranquility and joy.**

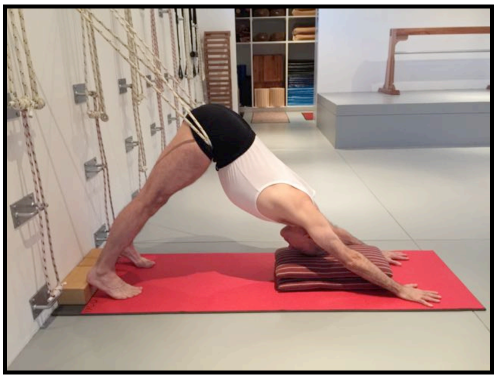
Sequence 47



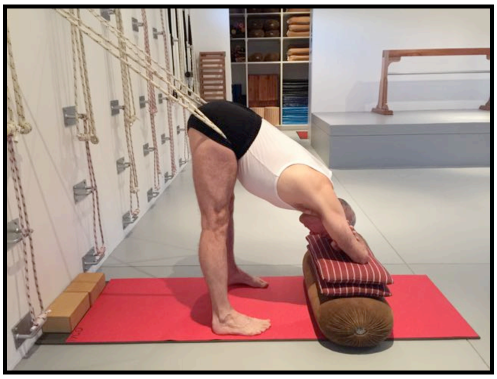
Rope Adho Mukha Svanasana



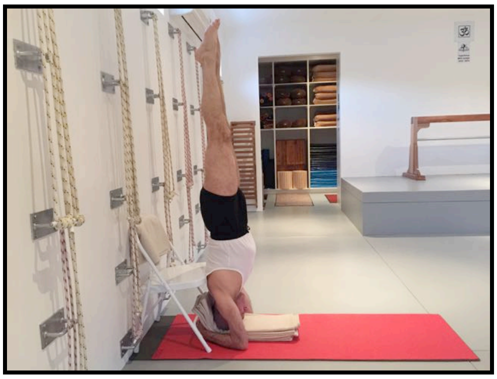
Rope Uttanasana



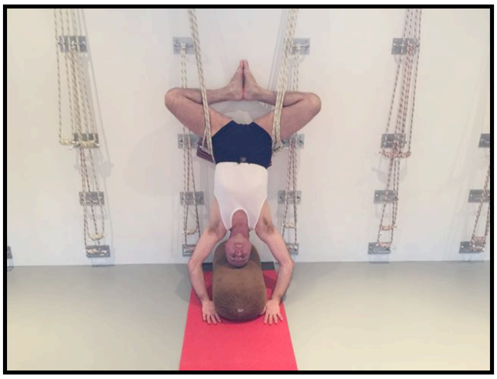
Rope Adho Mukha Svanasana



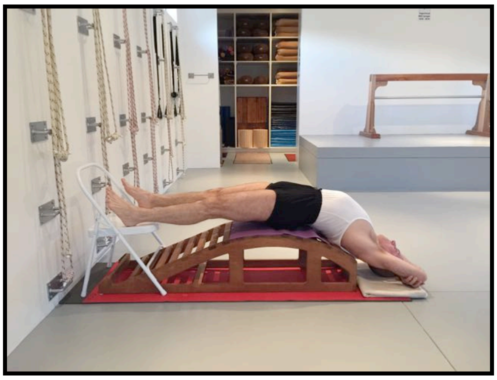
Rope Uttanasana



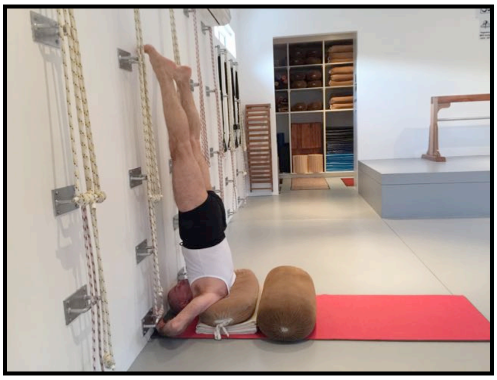
Salamba Sirsasana I with chair



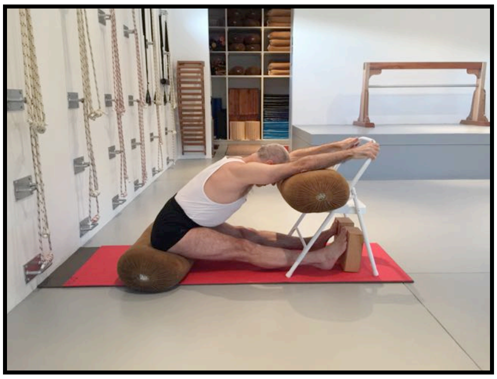
Rope Sirsasana



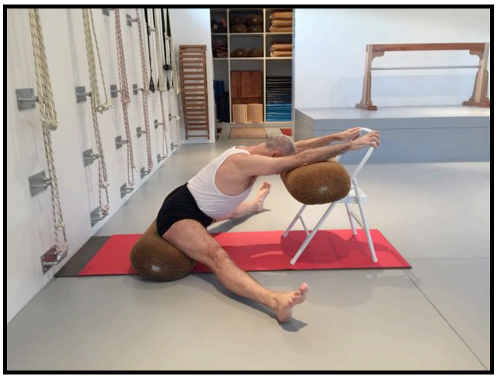
Setubandha Sarvangasana
with chair and Setubandha bench



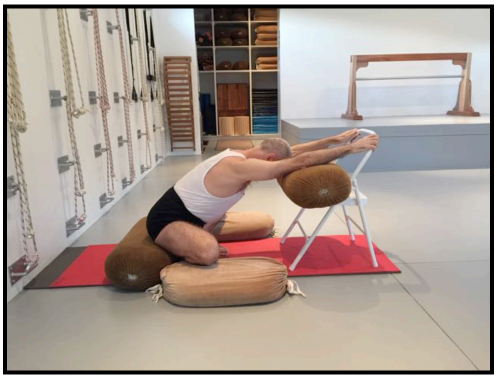
Niralamba Sarvangasana I



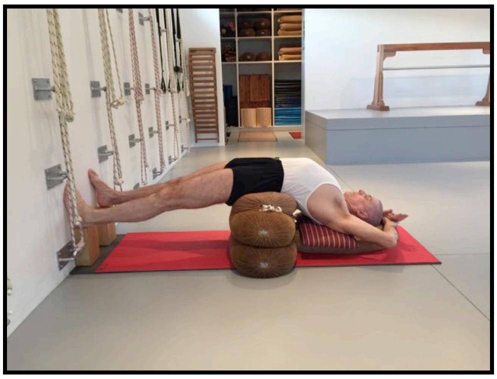
Paschimottanasana
with chair



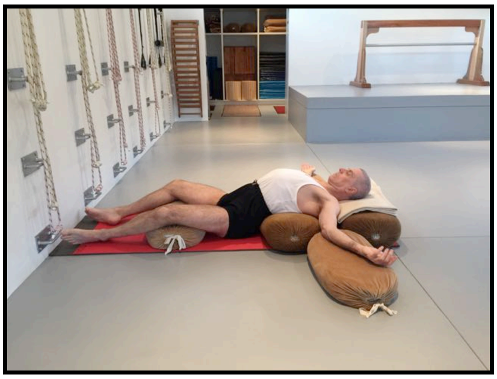
Adho Mukha Upavistha
with chair



Adho Mukha Baddha Konasana
with chair



Setubandha Sarvangasana

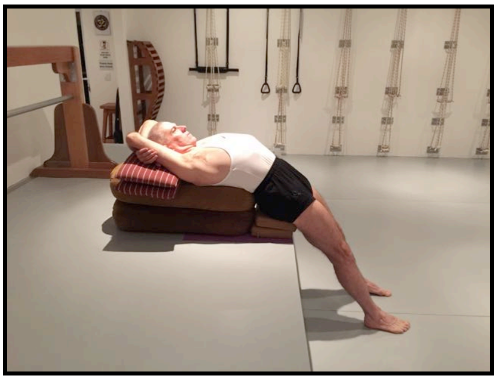


Bolster Savasana

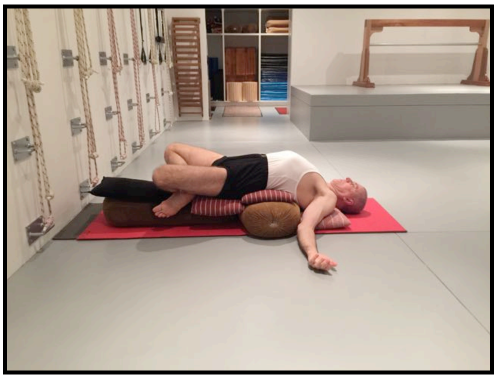
**Yoga Wisdom**

**Focus on keeping your spine straight.
It is the job of the spine to keep the brain alert.**

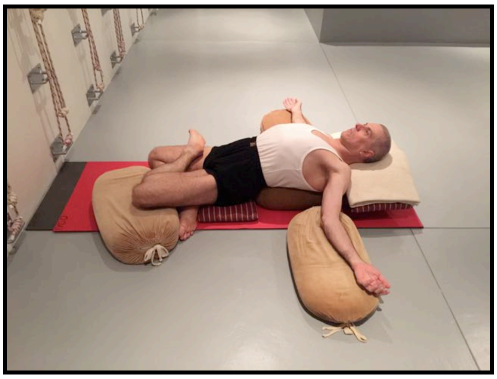
# Sequence 48



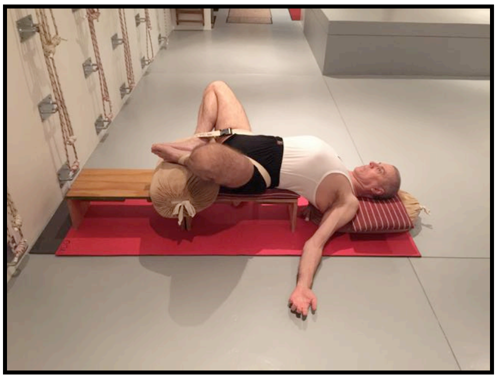
Salamba Purvottanasana



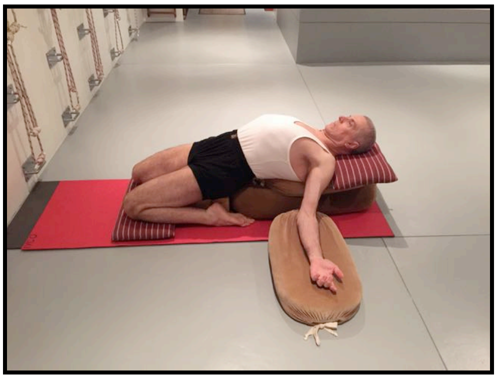
Setubandha Sarvangasana
Swastikasana legs



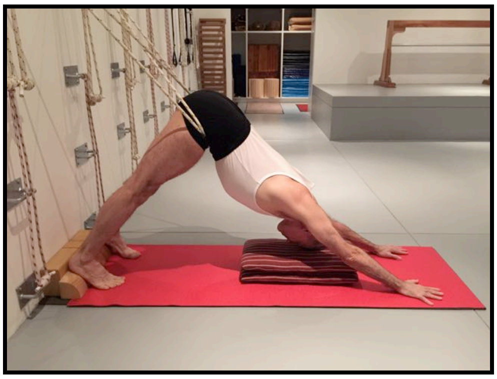
Ardha Matsyasana



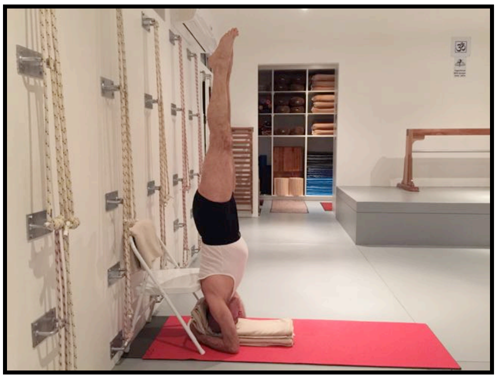
Setubandha Sarvangasana
Baddha Konasana legs



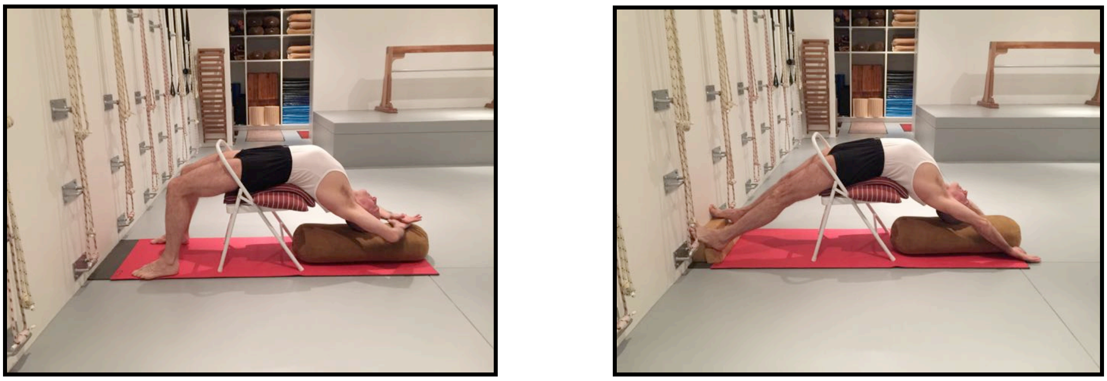
Supta Virasana



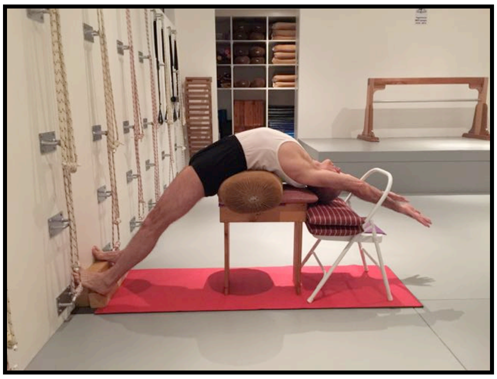
Rope Adho Mukha Svanasana



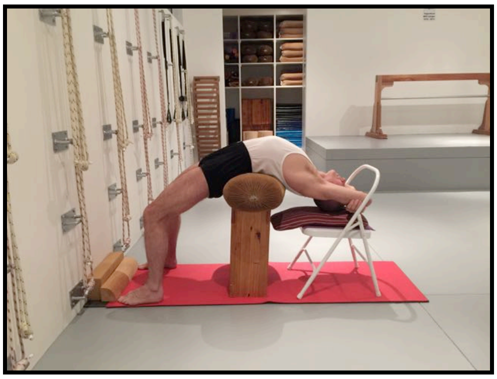
Salamba Sirsasana I
with chair



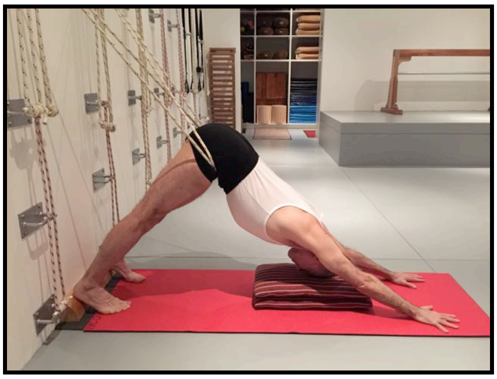
Chair Dwi Pada Viparita Dandasana



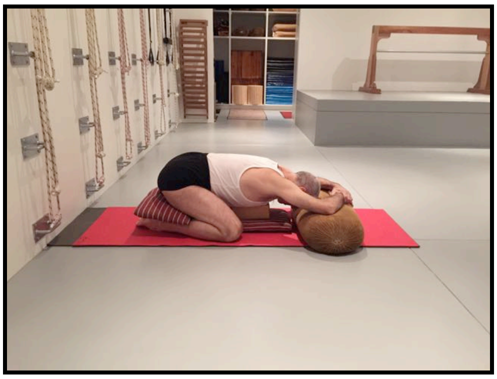
Dwi Pada Viparita Dandasana
with bench and chair



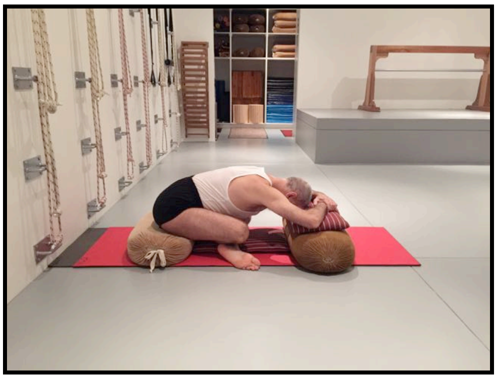
Urdhva Dhanurasana
with bench and chair



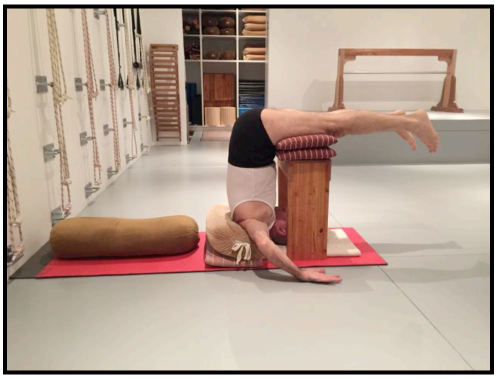
Rope Adho Mukha Svanasana



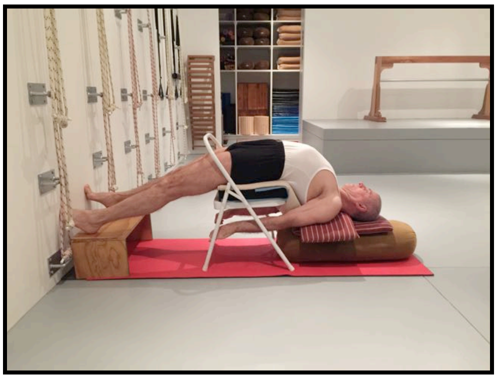
Adho Mukha Virasana



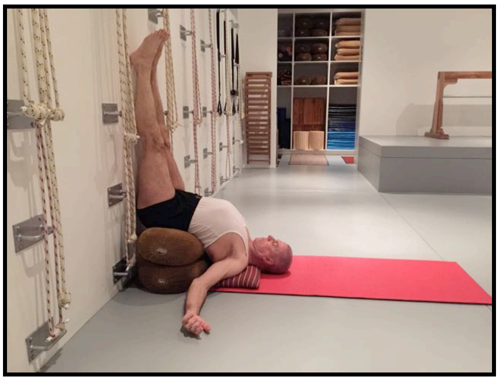
Adho Mukha Swastikasana



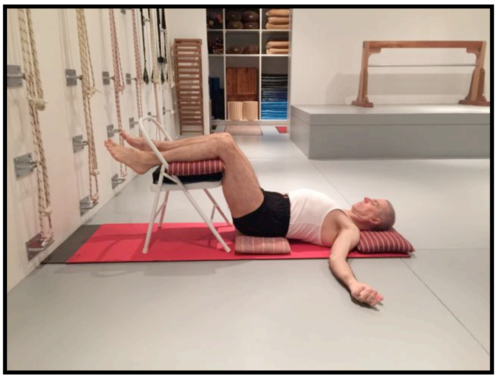
Niralamba Halasana



Setubandha Sarvangasana
with chair



Viparita Karani

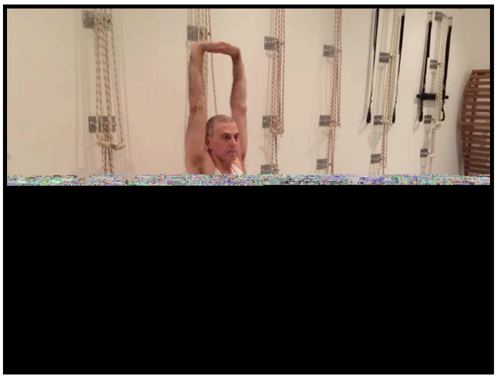


Chair Savasana

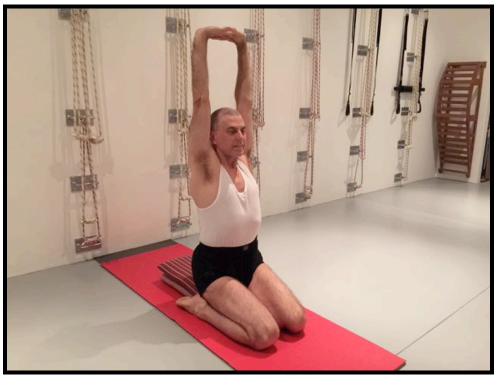
**Yoga Wisdom**

**Relaxation begins from the outer layer of the body and penetrates the deep layers of our existence.**

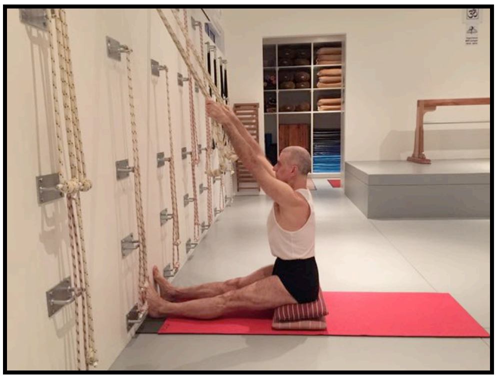
## Sequence 49



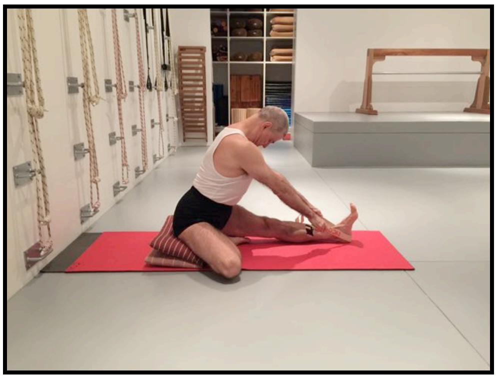
Urdhva Baddhanguliyasana in Swastikasana



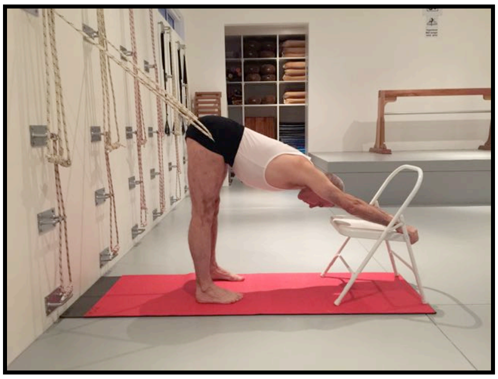
Urdhva Baddhanguliyasana in Virasana



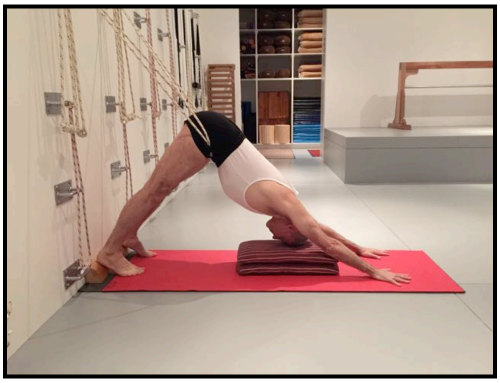
Utthita Dandasana



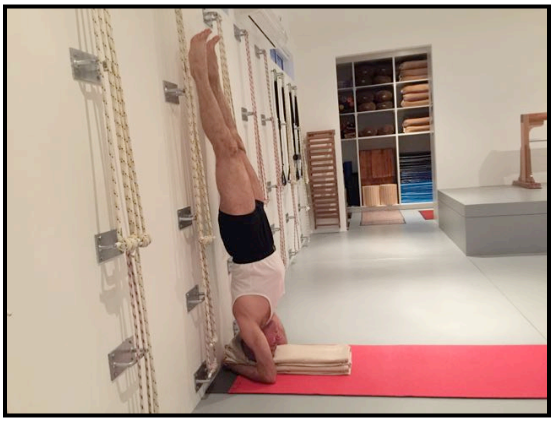
Maha Mudra



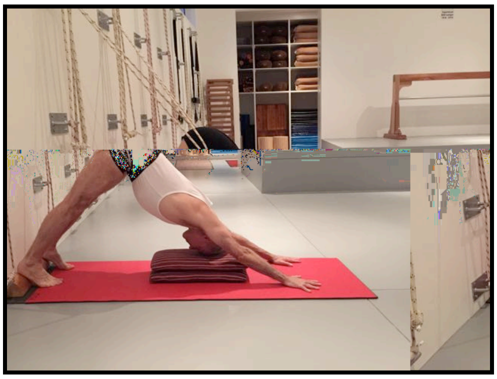
Uttanasana with rope and chair



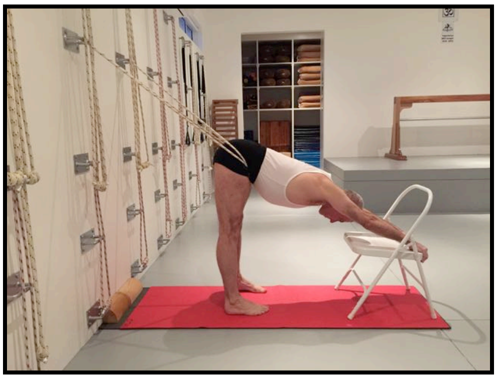
Rope Adho Mukha Svanasana



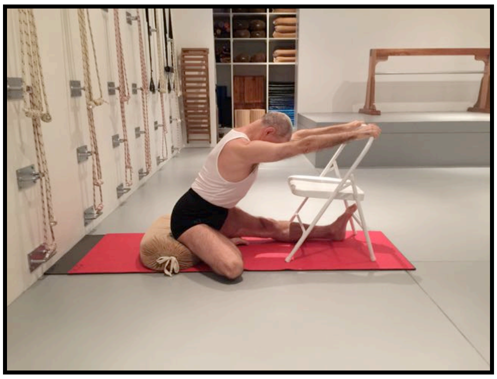
Salamba Sirsasana I – feet at wall



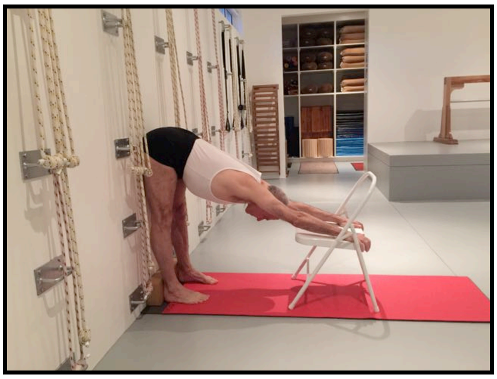
Rope Adho Mukha Svanasana



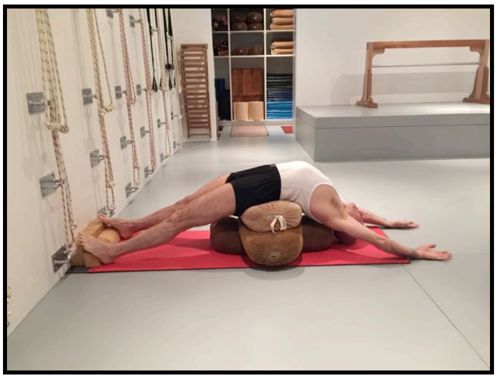
Ardha Uttanasana
with rope and chair



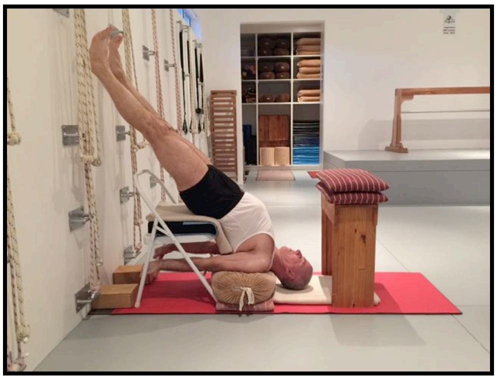
Maha Mudra with chair



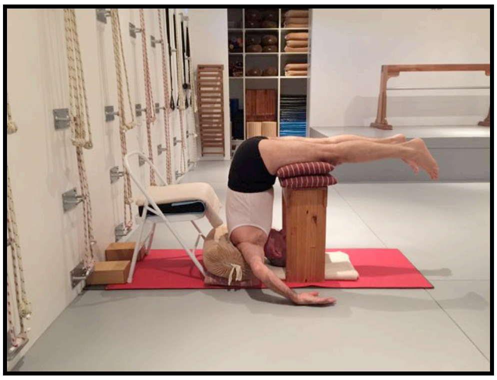
Uttanasana with chair



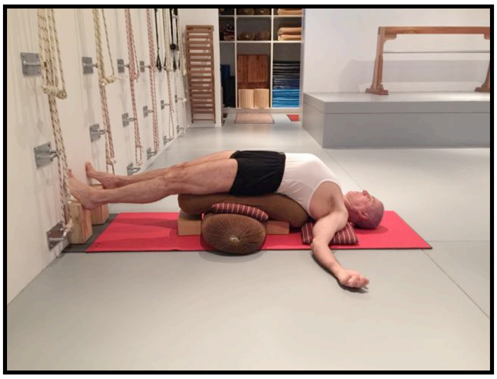
Setubandha Sarvangasana



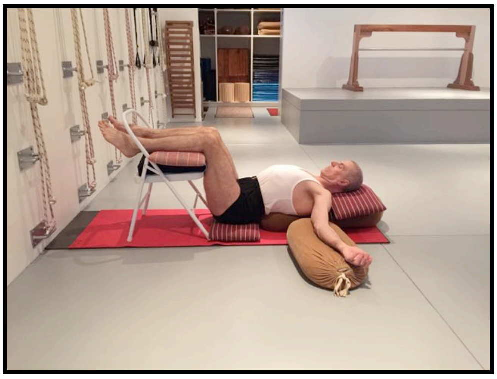
Chair Sarvangasana



Niralamba Halasana



Setubandha Sarvangasana

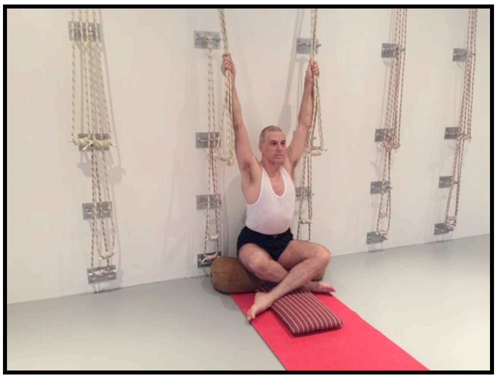


Chair Savasana

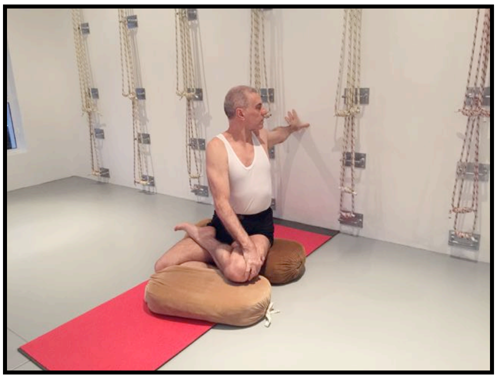
**Yoga Wisdom**

**It is while practising yoga asanas that you learn the art of adjustments.**

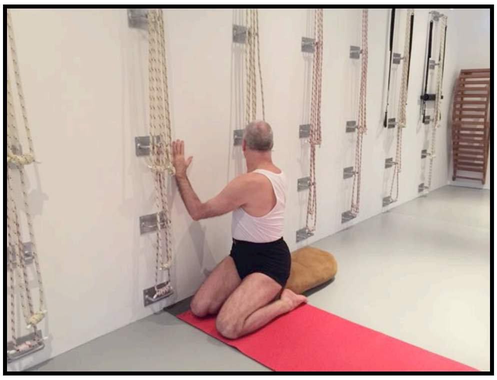
## Sequence 50



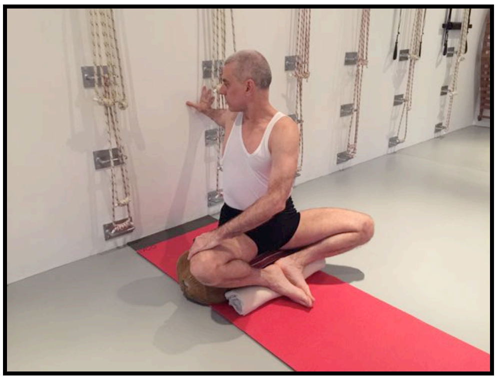
Urdhva Hastasana in Swastikasana



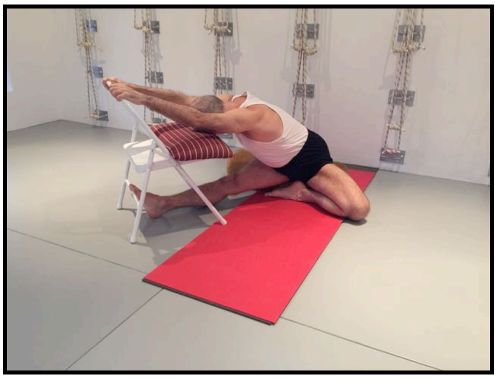
Bharadvajasana II



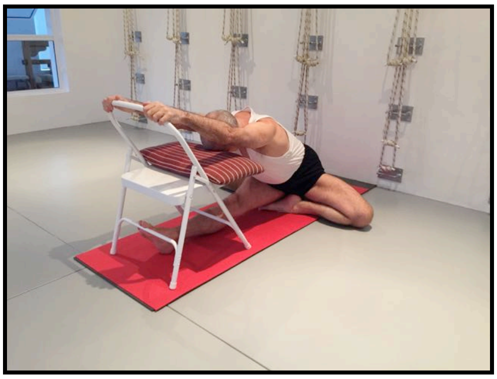
Bharadvajasana I



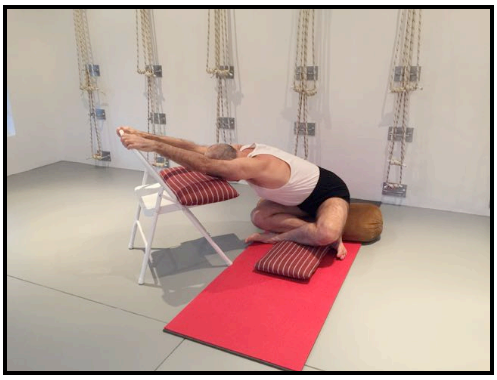
Parsva Swastikasana



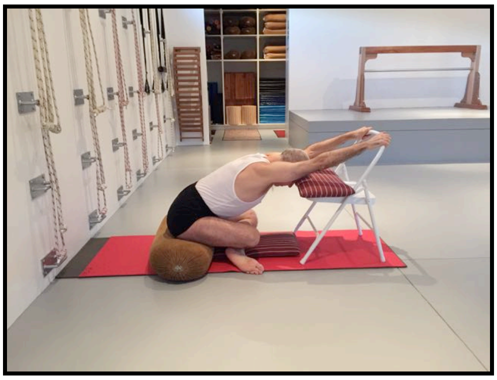
Janu Sirsasana – diagonal
with chair



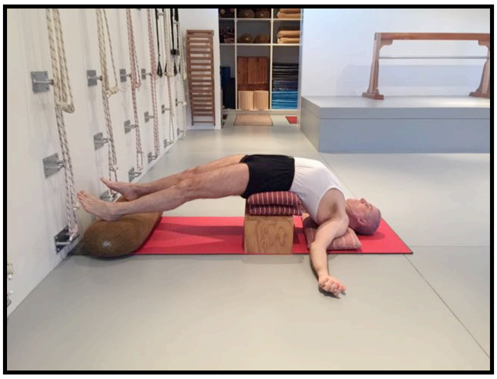
Janu Sirsasana
with chair



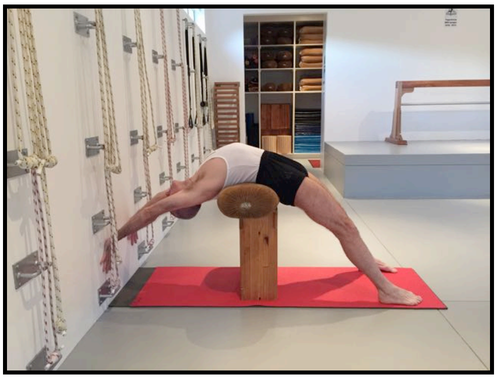
Parsva Adho Mukha Swastikasana
with chair



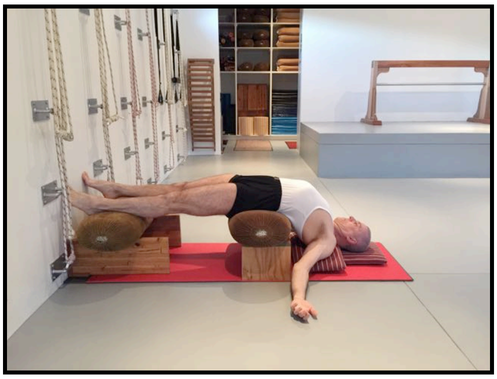
Adho Mukha Swastikasana
with chair



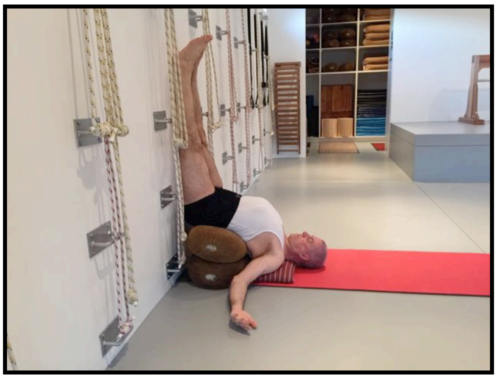
Setubandha Sarvangasana



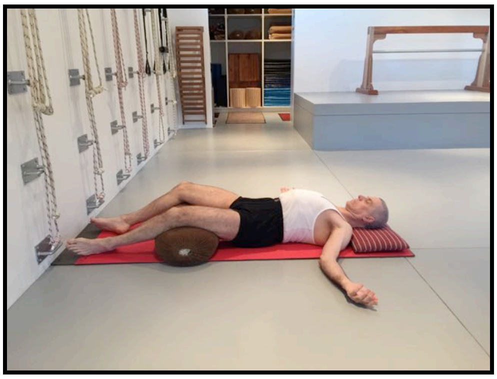
Urdhva Dhanurasana



Setubandha Sarvangasana



Viparita Karani

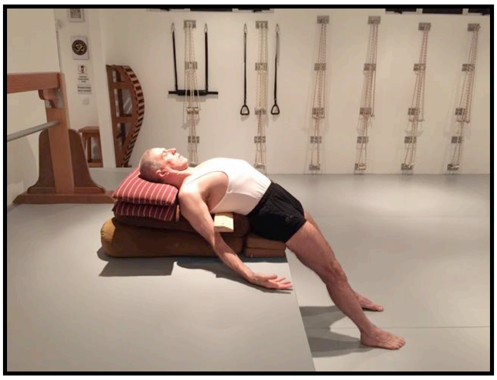


Bolster Savasana

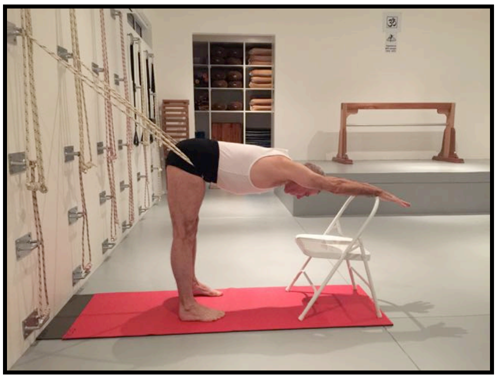
**Yoga Wisdom**

**When the mind is controlled and still what remains is the Soul.**

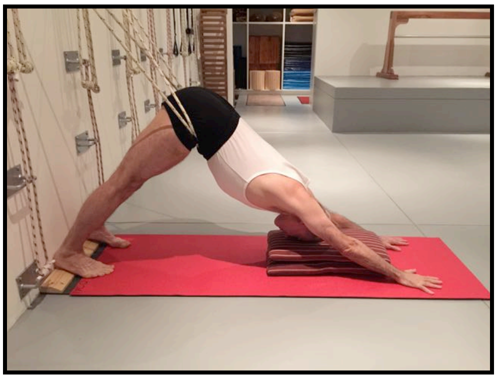
## Sequence 51



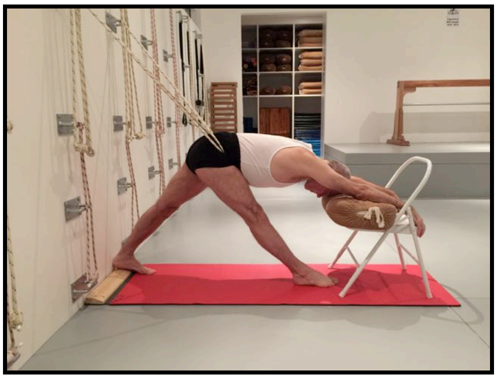
Salamba Purvottanasana



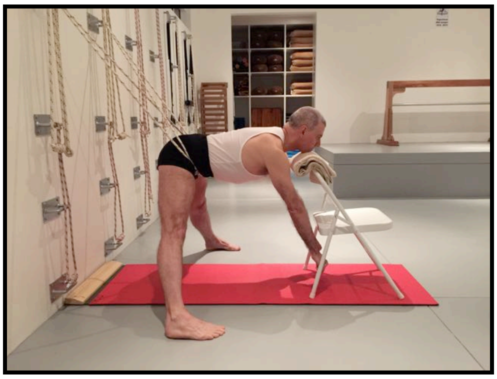
Ardha Uttanasana
with rope and chair



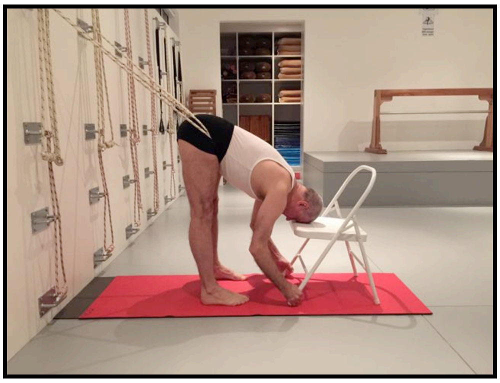
Rope Adho Mukha Svanasana



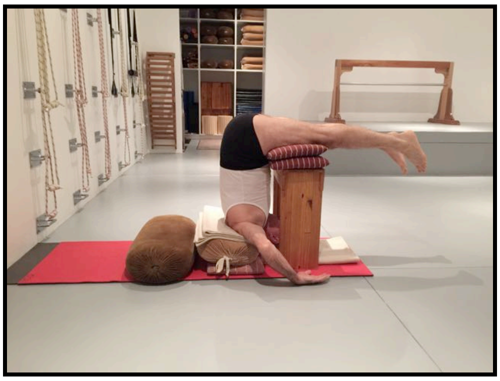
Parsvottanasana with chair
and rope



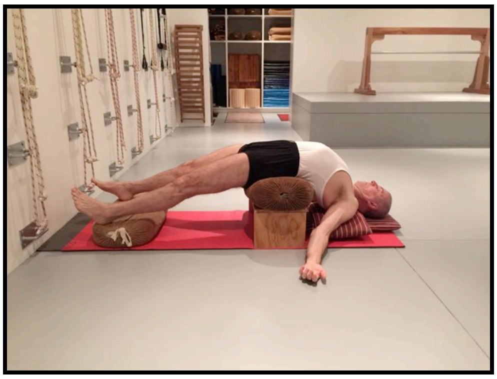
Urdhva Mukha Prasarita
Padottanasana I with chair & rope



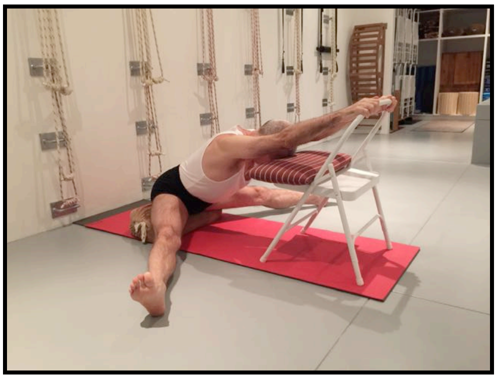
Rope Uttanasana with chair



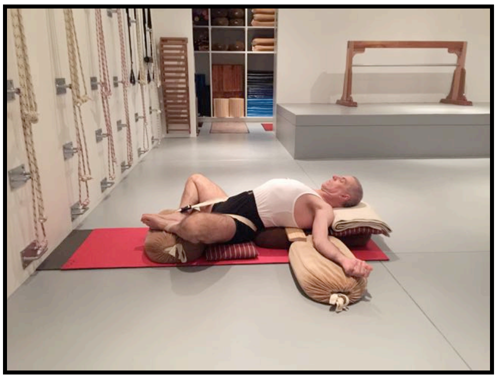
Niralamba Halasana



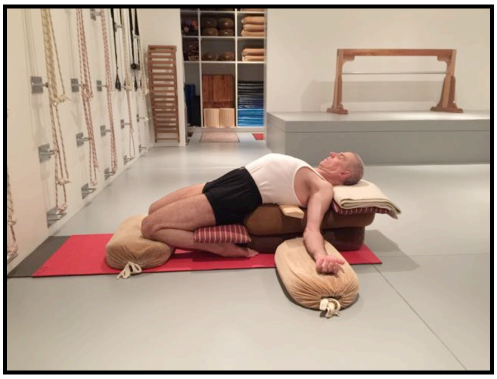
Setubandha Sarvangasana



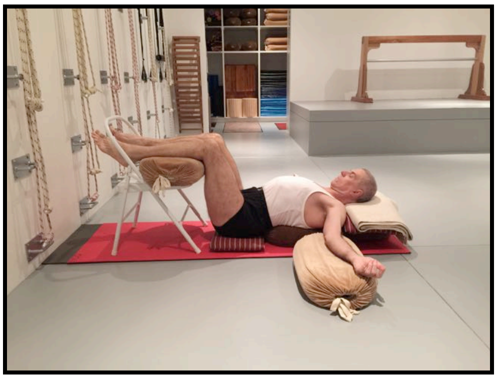
Adho Mukha Upavistha Konasana with chair



Supta Baddha Konasana



Supta Virasana

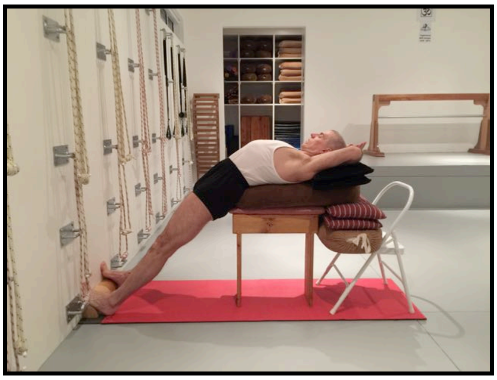


Chair Savasana

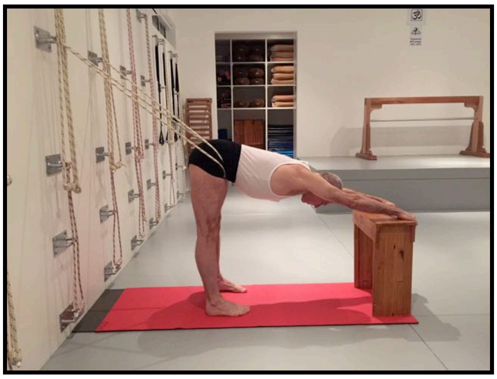
**Yoga Wisdom**

**The brain must be calm, the body active.**

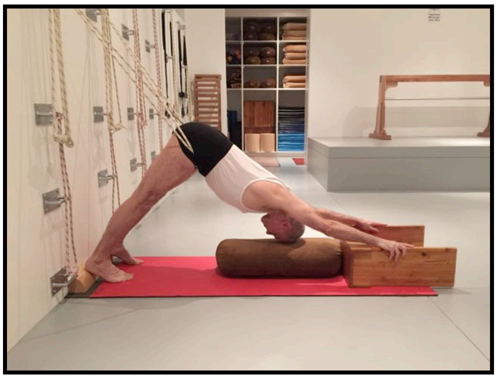
## Sequence 52



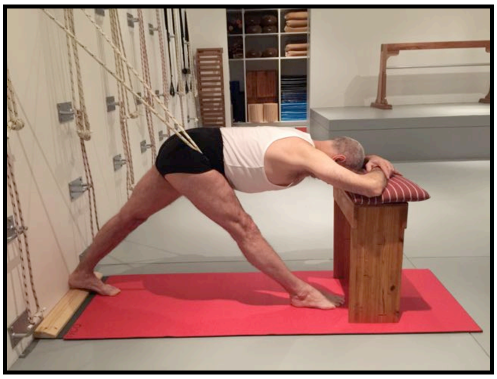
Salamba Purvottanasana
with bench and chair



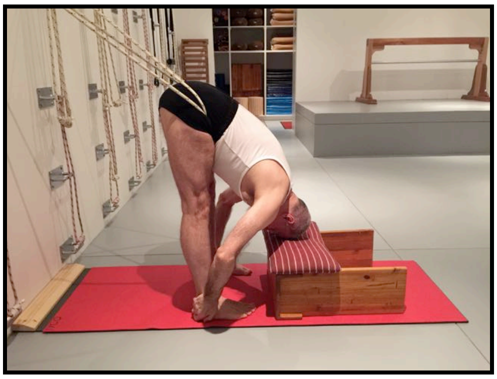
Ardha Uttanasana
with bench and rope



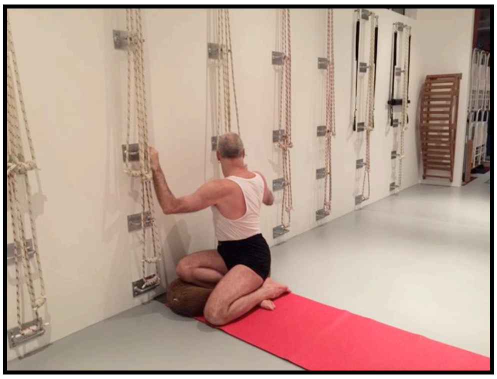
Rope Adho Mukha Svanasana
with bench



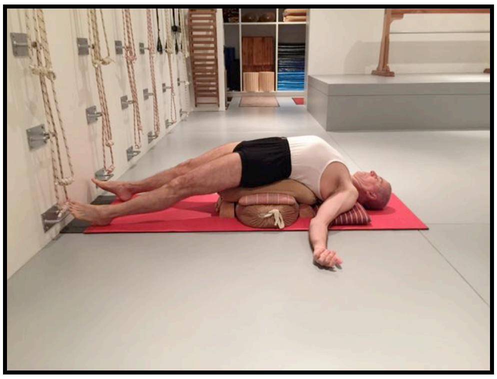
Rope Parsvottanasana
with bench



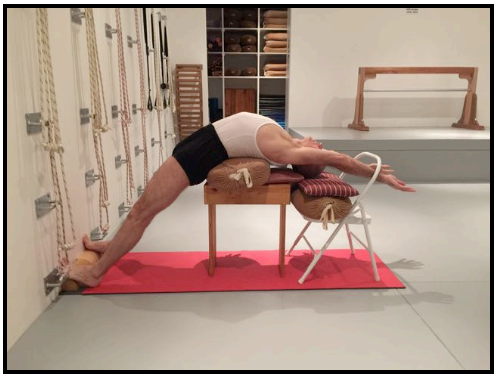
Rope Padagulfasana
with bench



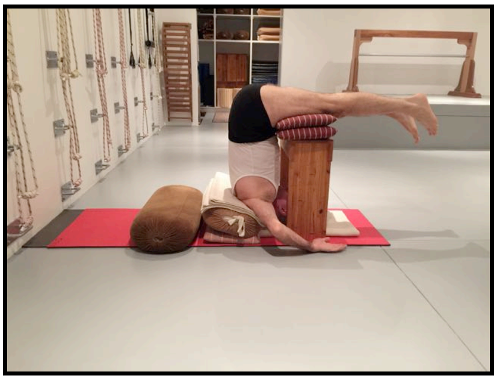
Bharadvajasana I



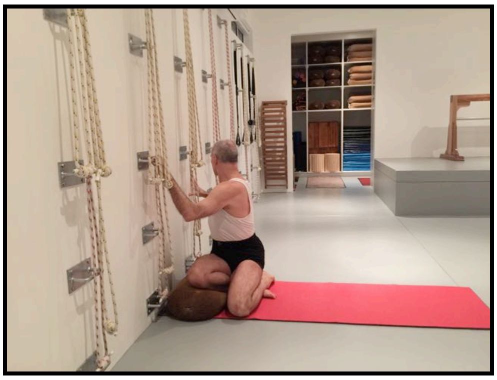
Setubandha Sarvangasana



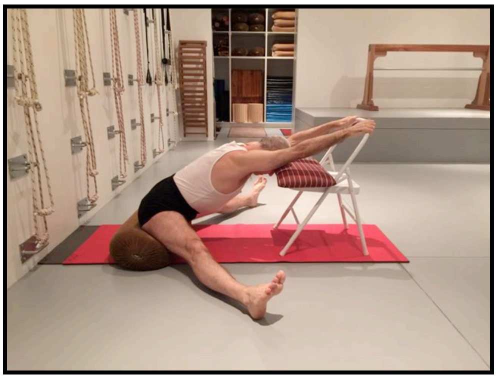
Dwi Pada Viparita Dandasana
with bench and chair



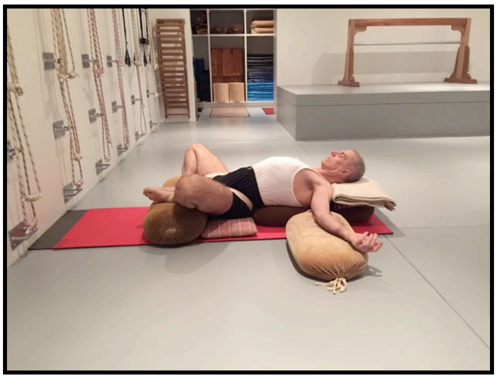
Niralamba Halasana



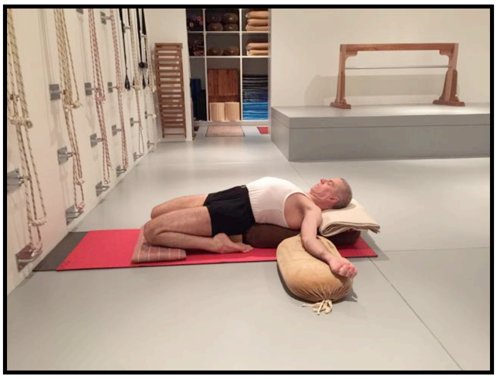
Bharadvajasana I



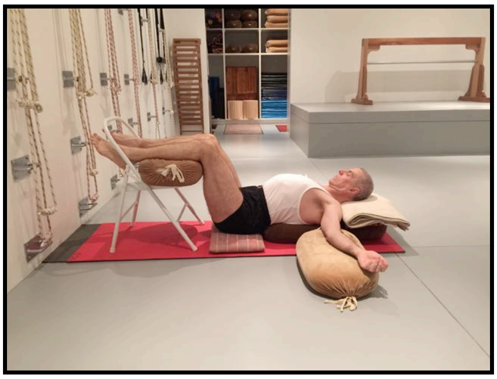
Adho Mukha Upavistha Konasana with chair



Supta Baddha Konasana



Supta Virasana

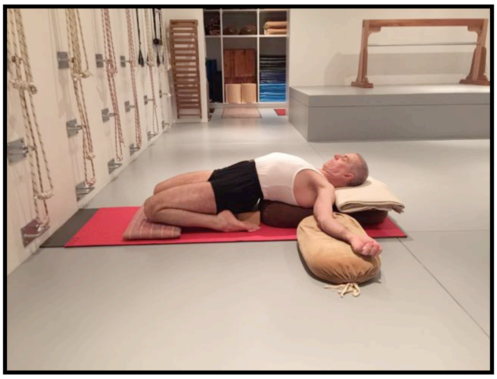


Chair Savasana

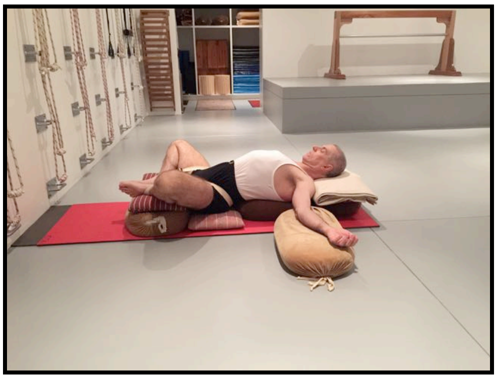
**Yoga Wisdom**

**Your whole body should be symmetrical. Yoga is symmetry.**

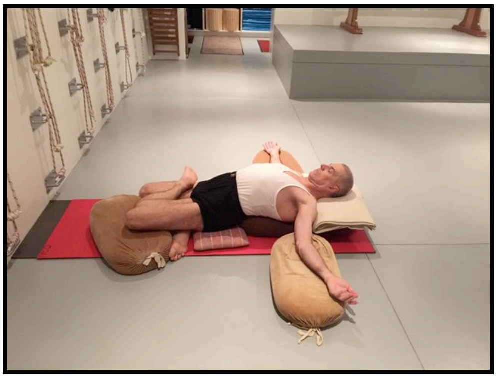
## Sequence 53



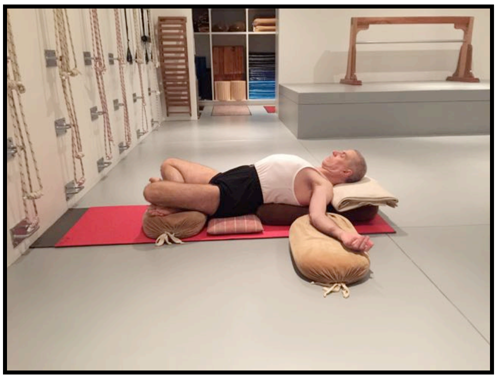
Supta Virasana



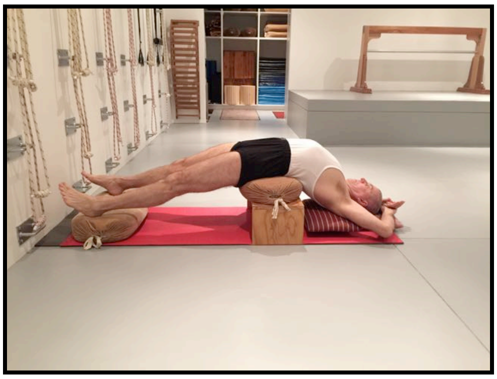
Supta Baddha Konasana



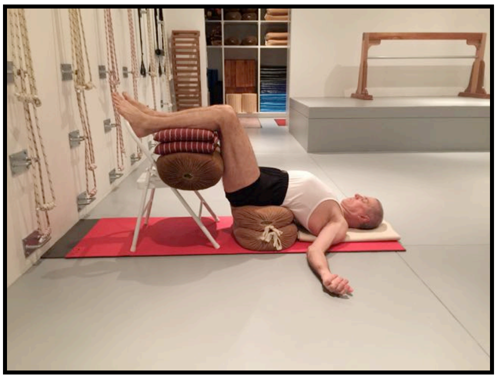
Ardha Matsyasana



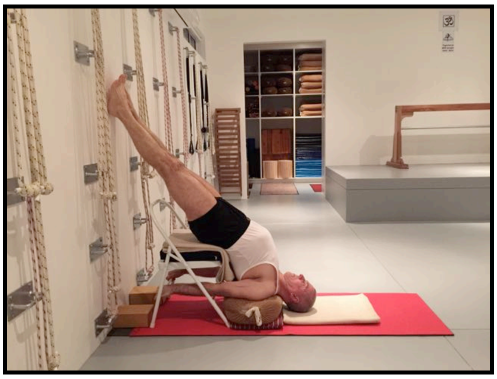
Supta Swastikasana



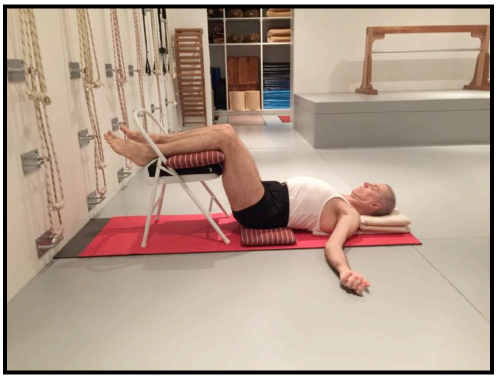
Setubandha Sarvangasana



Chair Viparita Karani



Chair Sarvangasana

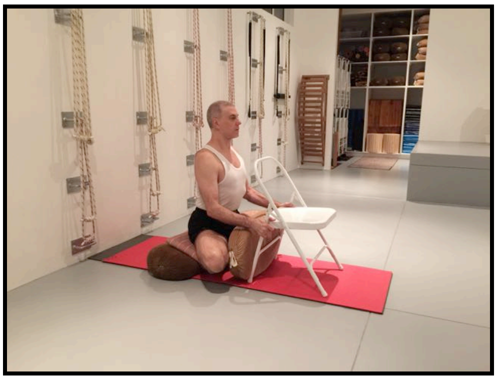


Chair Savasana

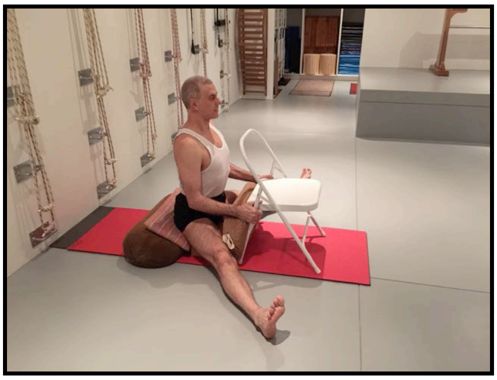
**Yoga Wisdom**

**Keep the brain calm and quiet.**
**Let your body be active.**

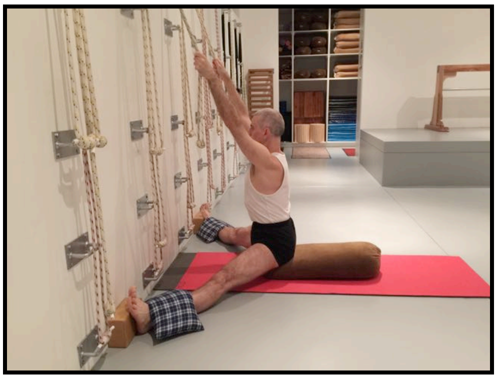
## Sequence 54



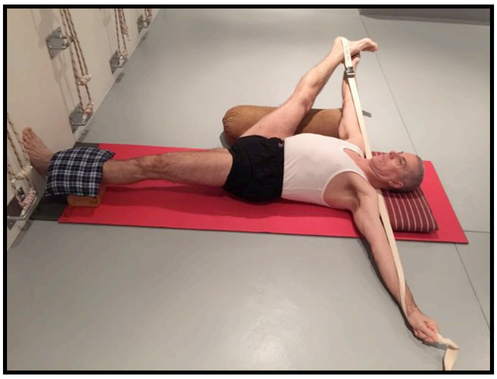
Utthita Baddha Konasana
with chair



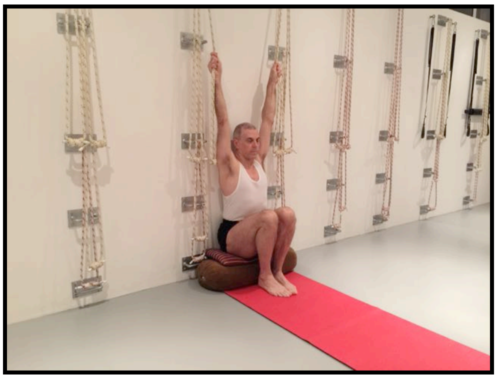
Utthita Upavistha Konasana
with chair



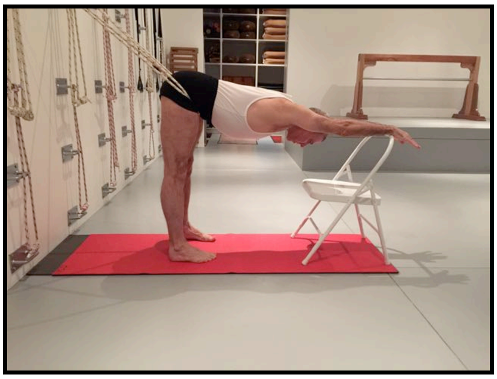
Utthita Upavistha Konasana



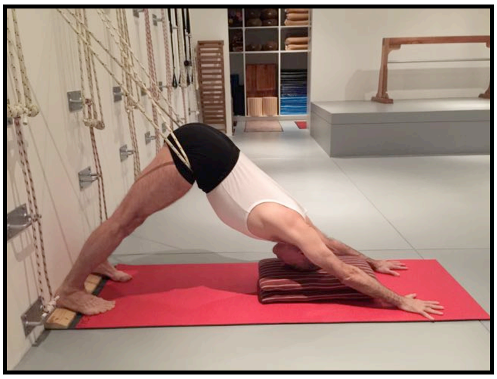
Supta Padangusthasana II



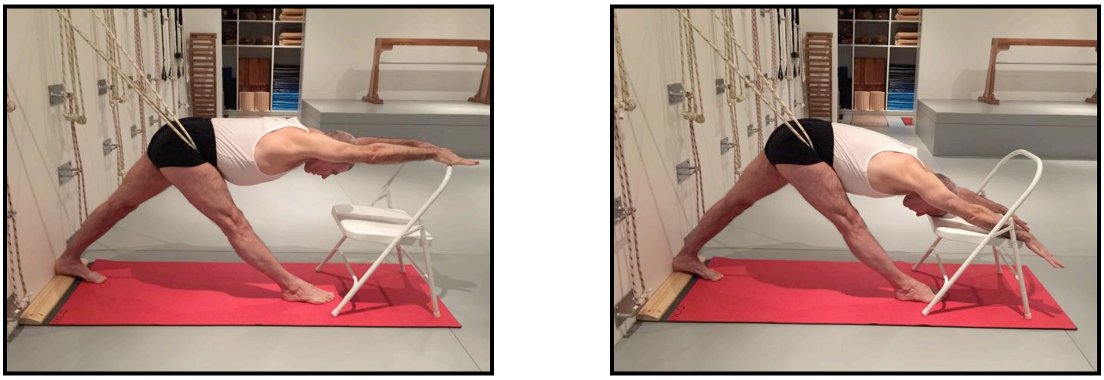
Malasana I



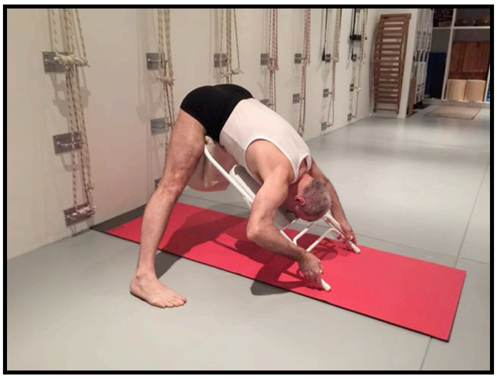
Ardha Uttanasana
with rope and chair



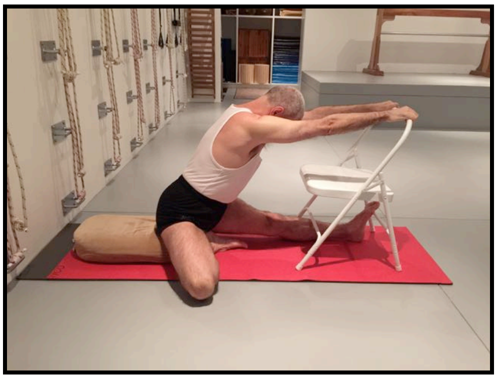
Rope Adho Mukha Svanasana



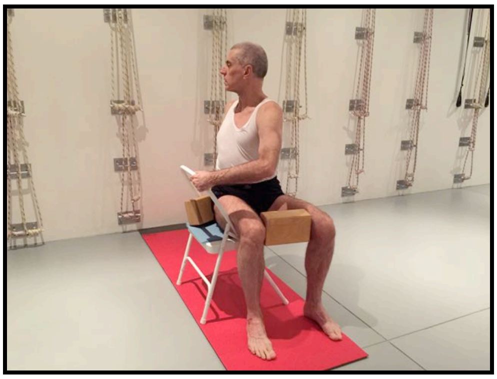
Rope Parsvottanasana with chair



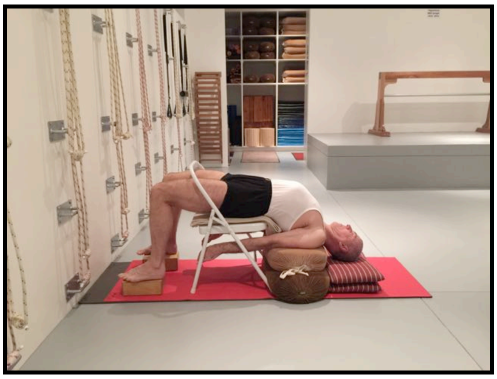
Prasarita Padottanasana I
with chair



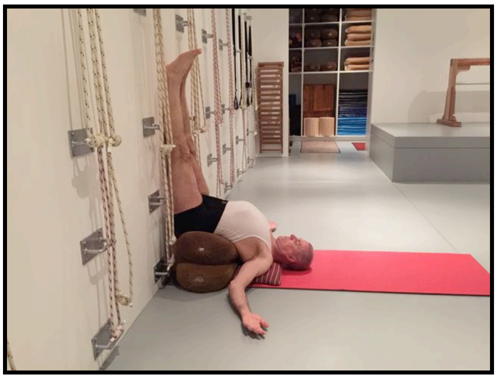
Maha Mudra with chair



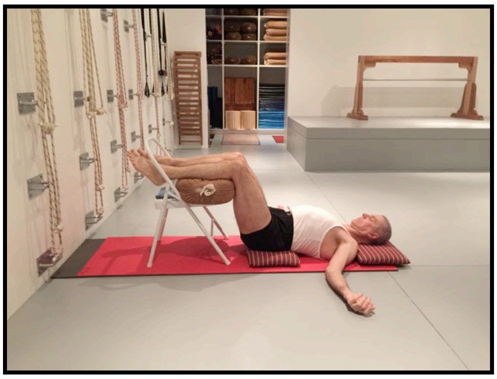
Chair Bharadvajasana



Chair Chatushpadasana



Viparita Karani

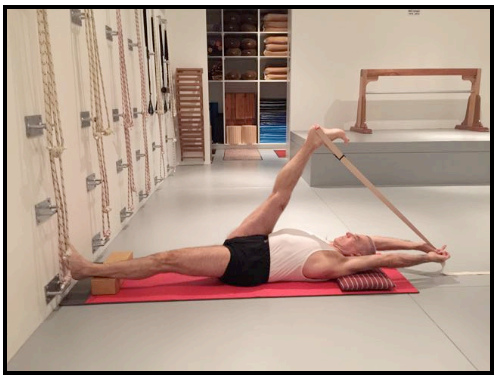


Chair Savasana

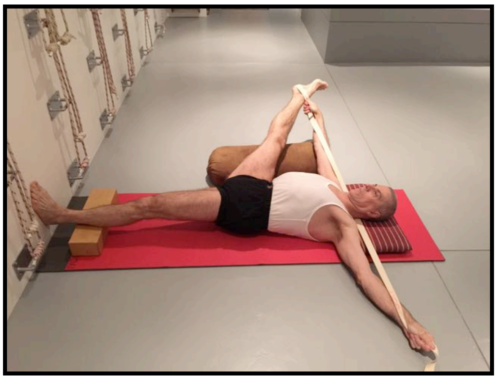
**Yoga Wisdom**

**When stability becomes habit
maturity and clarity will follow.**

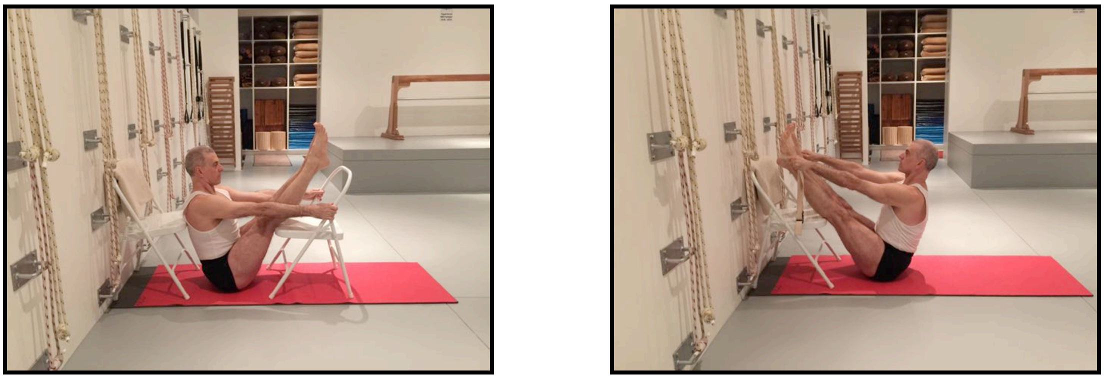
## Sequence 55



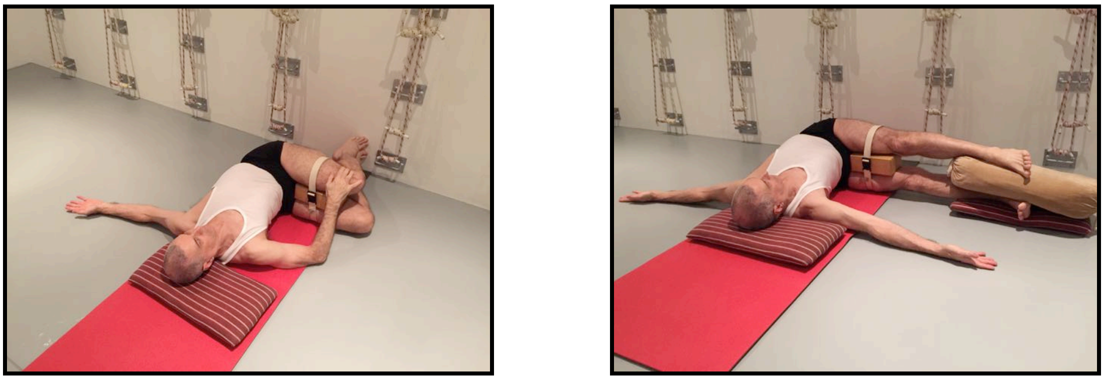
Supta Padangusthasana I



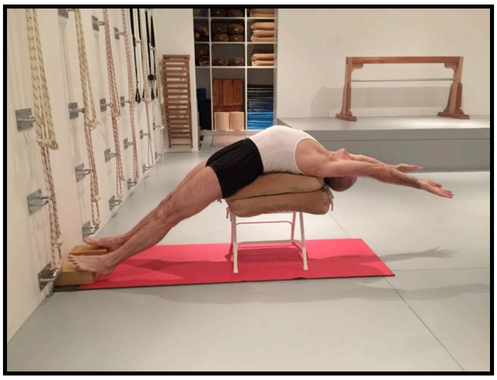
Supta Padangusthasana II



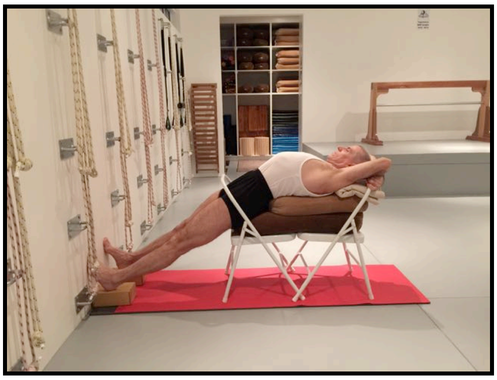
Paripurna Navasana with chairs



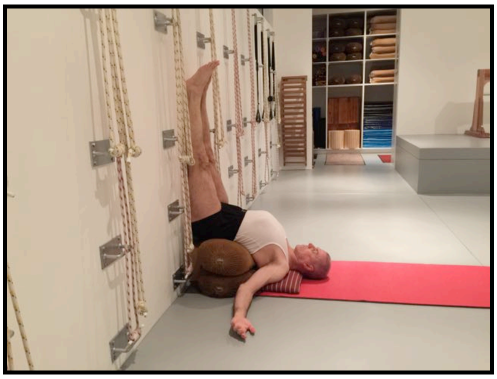
Jathara Parivartanasana



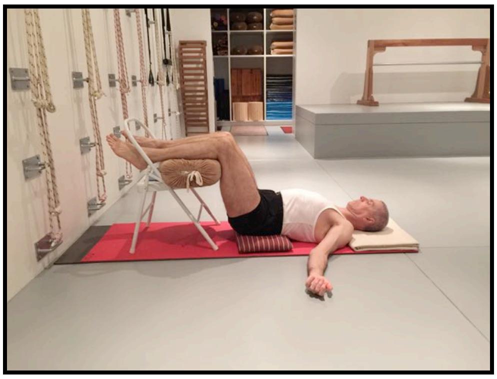
Chair Dwi Pada Viparita Dandasana



Chair Salamba Purvottanasana with chairs



Viparita Karani

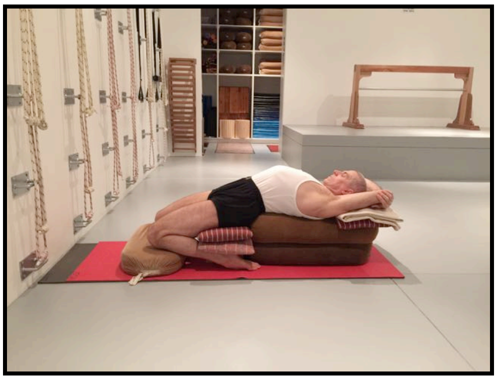


Chair Savasana

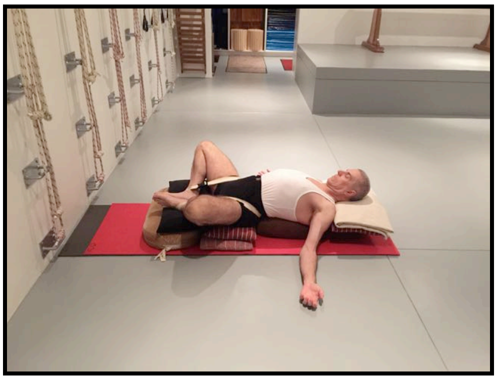
**Yoga Wisdom**

**Health is not a commodity to be bargained for. It has to be earned through hard work and sweat.**

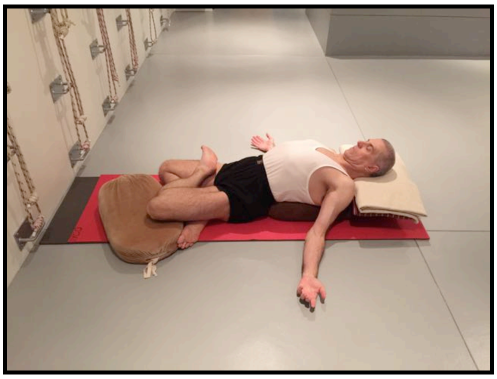
## Sequence 56



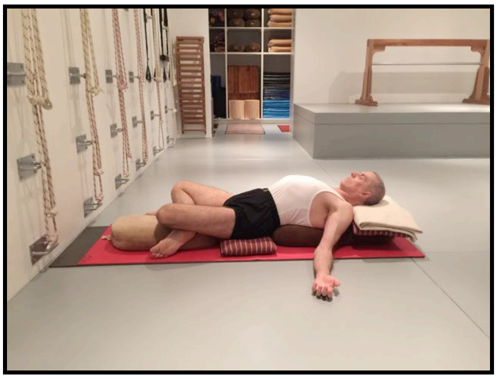
Supta Virasana



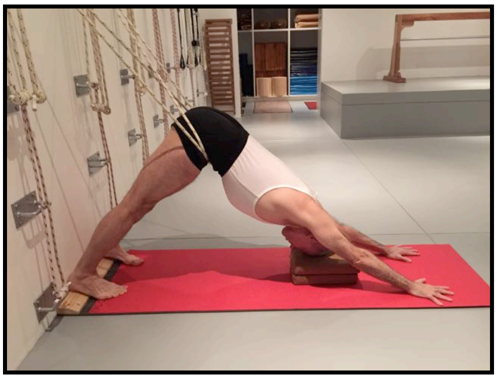
Supta Baddha Konasana



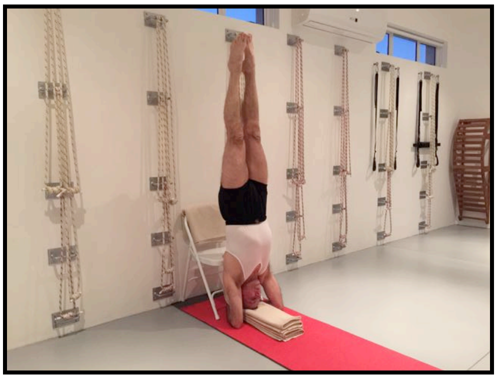
Ardha Matsyasana



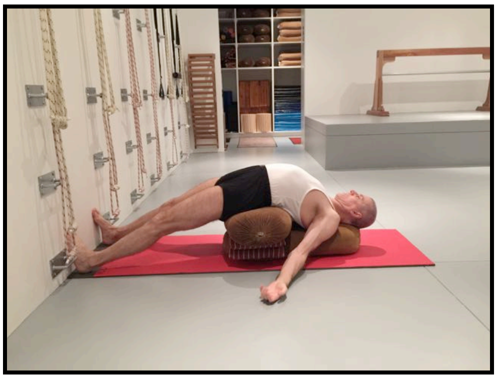
Supta Swastikasana



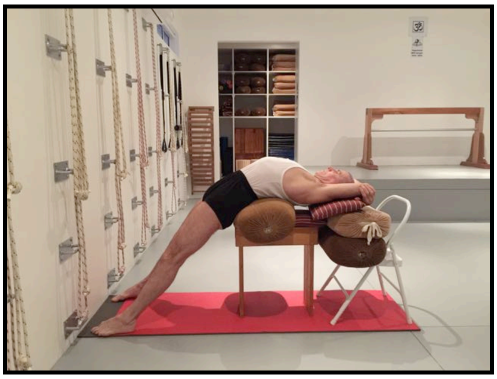
Rope Adho Mukha Svanasana



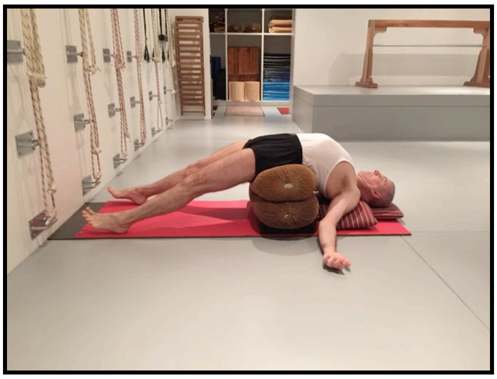
Salamba Sirsasana I with chair



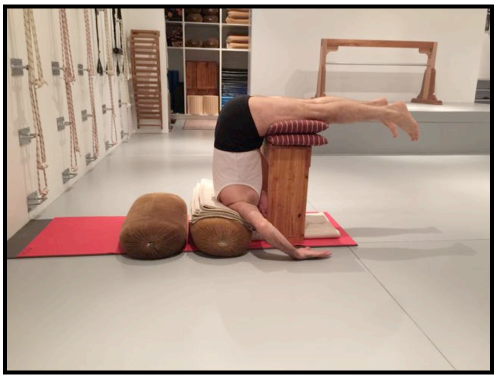
Setubandha Sarvangasana



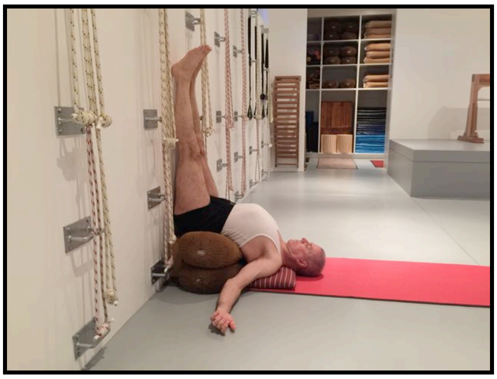
Salamba Purvottanasana
with bench and chair



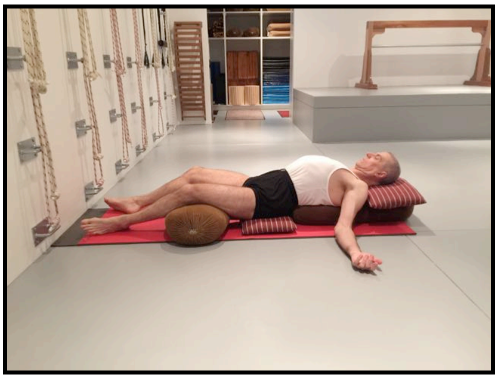
Setubandha Sarvangasana



Niralamba Halasana



Viparita Karani

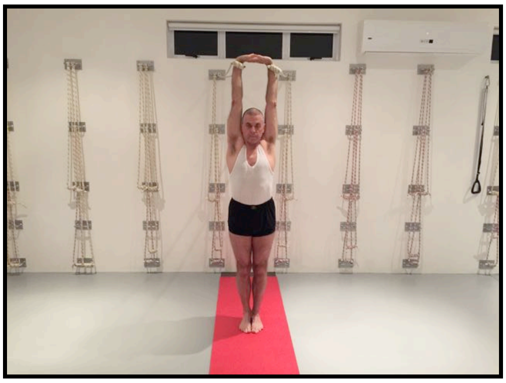


Bolster Savasana

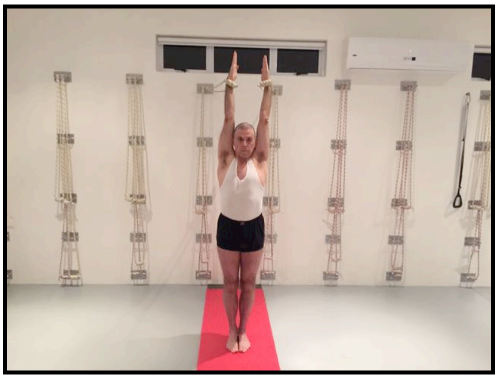
**Yoga Wisdom**

**Intensified action is yoga brings intensified intelligence in life.**

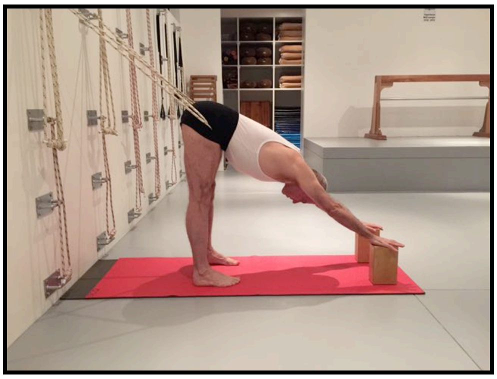
## Sequence 57



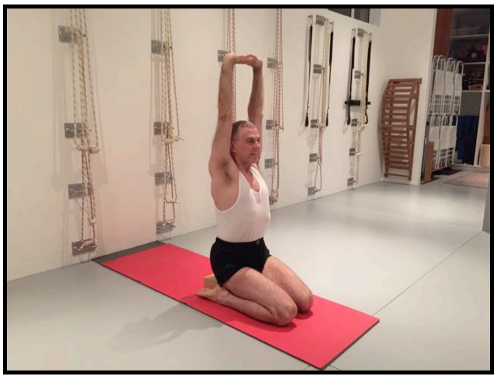
Urdhva Baddhanguliyasana in Tadasana with ropes



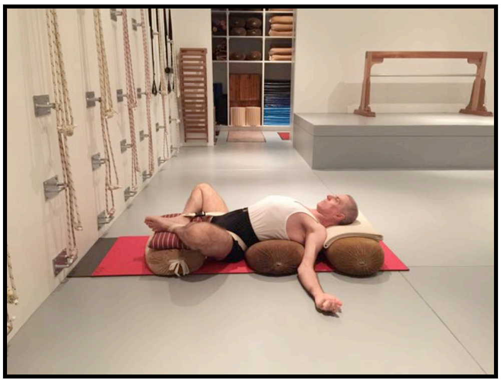
Urdhva Hastasana in Tadasana with ropes



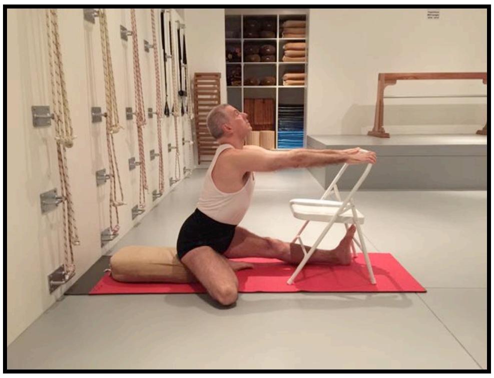
Ardha Uttanasana with rope and blocks



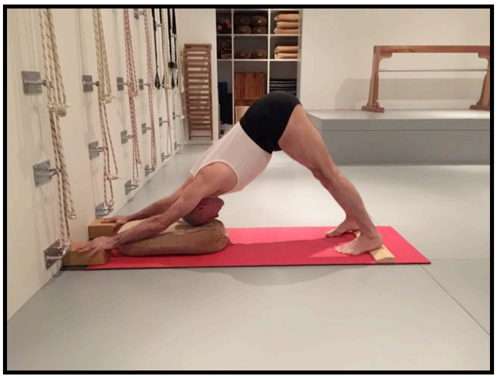
Urdhva Baddhangulyasana in Vajrasana



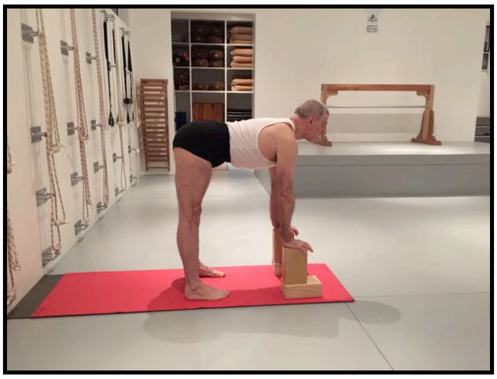
Supta Baddha Konasana



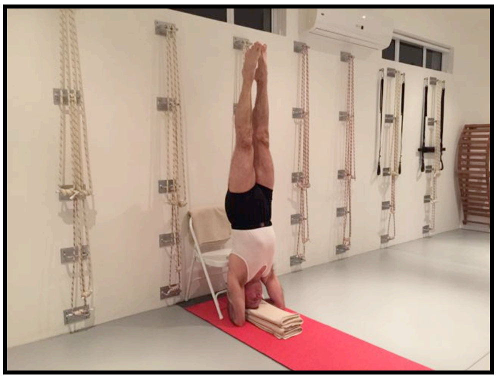
Urdhva Mukha Janu Sirsasana with chair



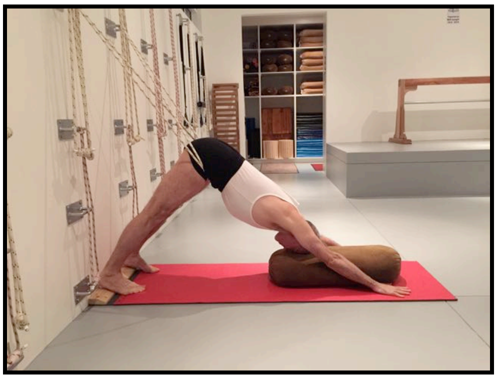
Adho Mukha Svanasana



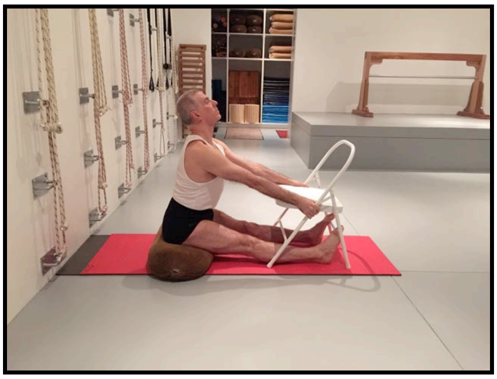
Ardha Uttanasana with blocks



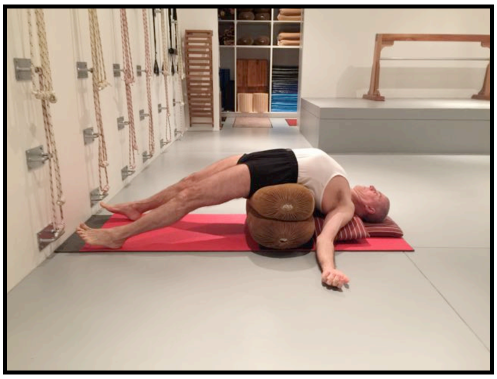
Salamba Sirsasana I with chair



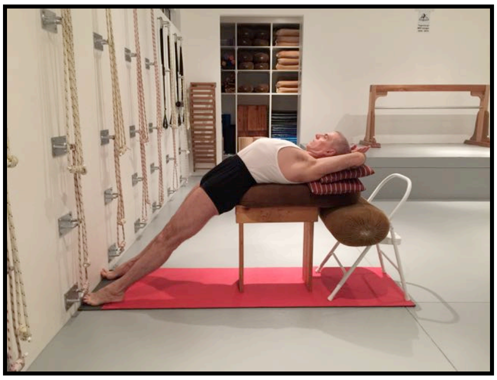
Rope Adho Mukha Svanasana



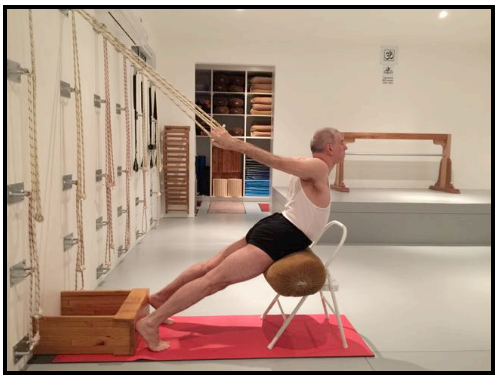
Urdhva Mukha Paschimottanasana with chair



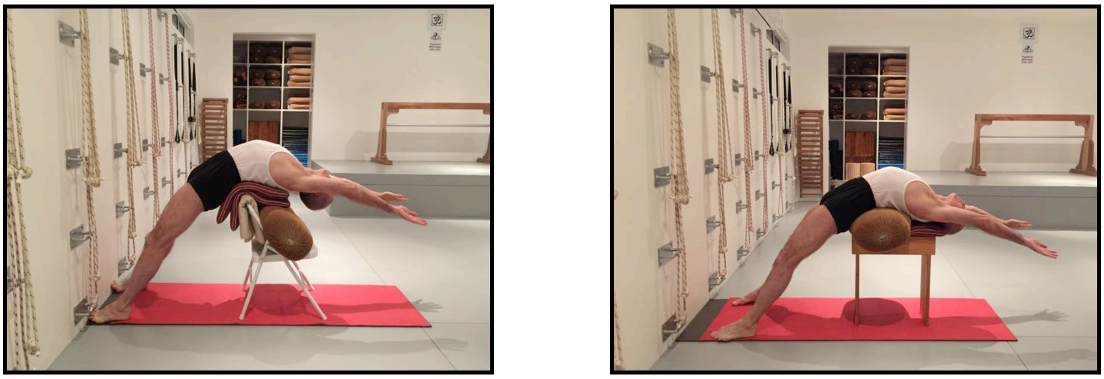
Setubandha Sarvangasana



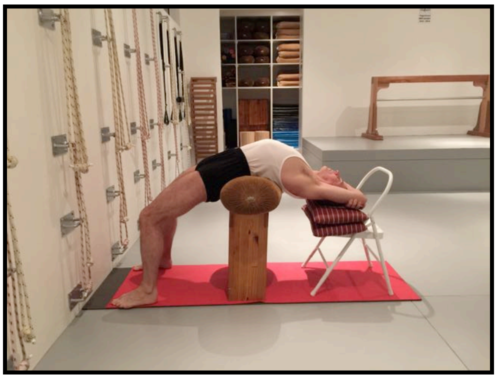
Salamba Purvottanasana with bench and chair



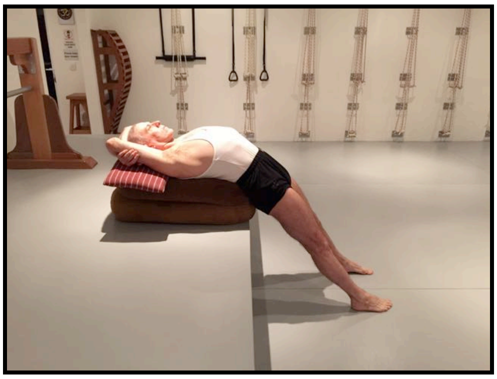
Rope Bhujangasana with bench and chair



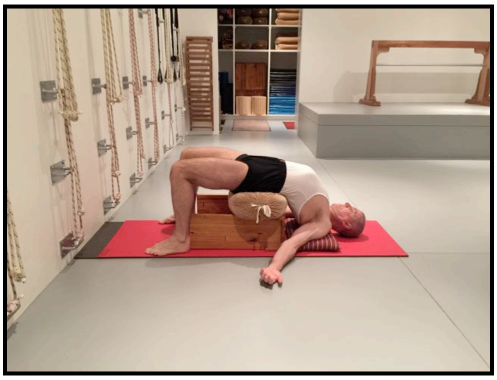
Dwi Pada Viparita Dandasana with bench



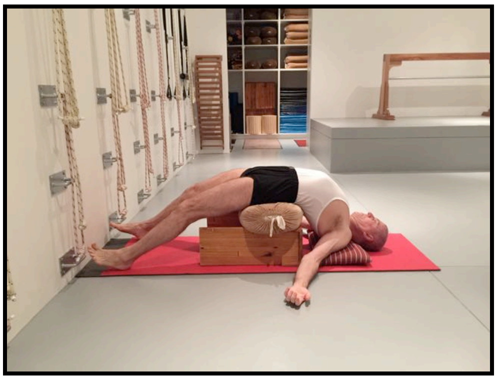
Chair Urdhva Dhanurasana
with bench and chair



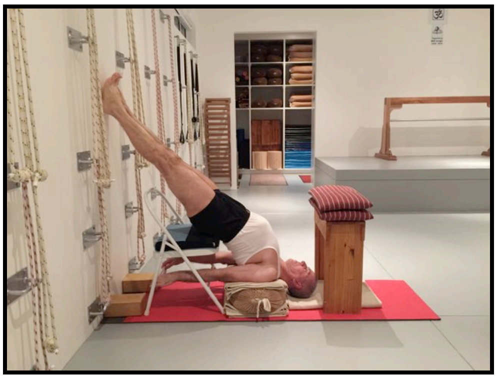
Salamba Purvottanasana



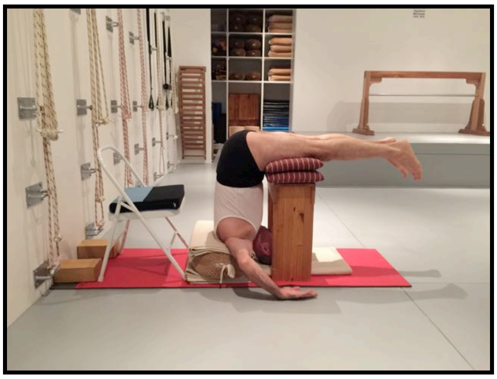
Chatushpadasana



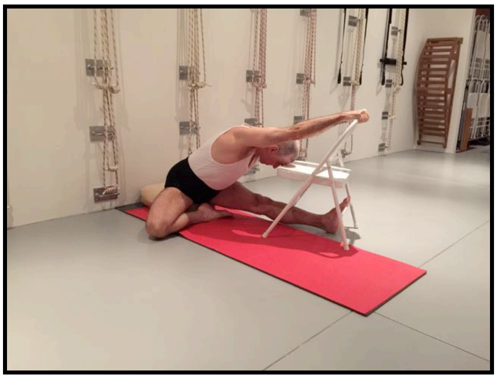
Setubandha Sarvangasana



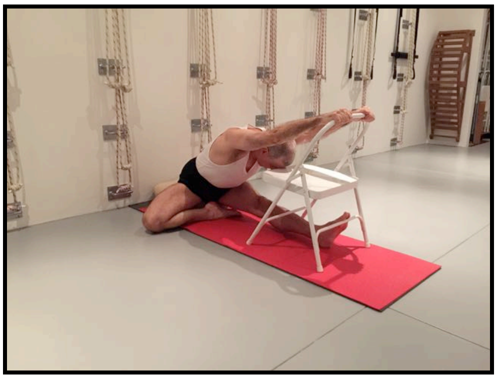
Chair Sarvangasana



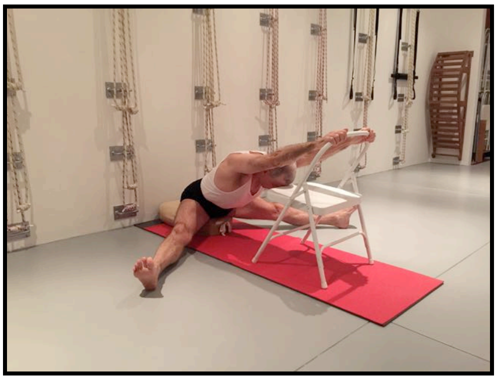
Niralamba Halasana



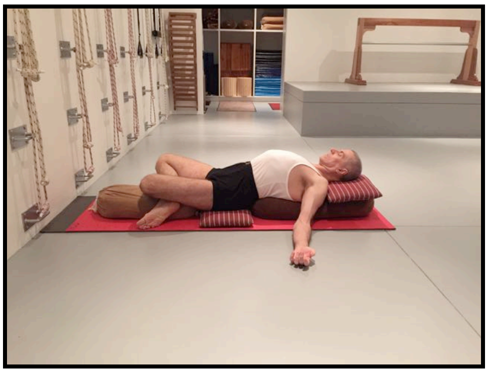
Janu Sirsasana – diagonal
with chair



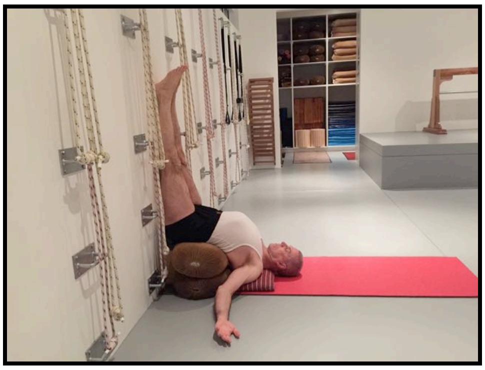
Janu Sirsasana
with chair



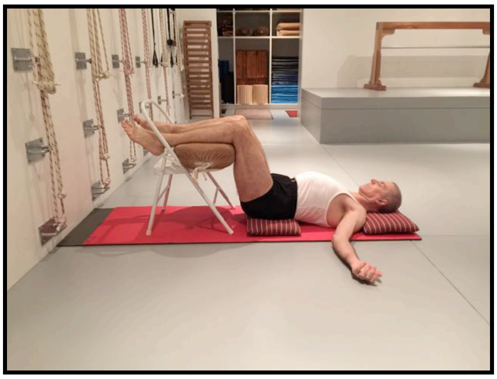
Adho Mukha Upavistha Konasana
with chair



Supta Swastikasana



Viparita Karani

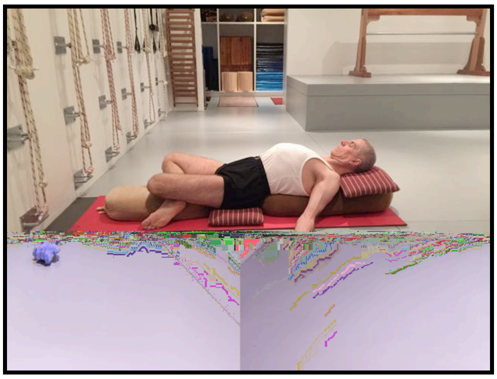


Chair Savasana

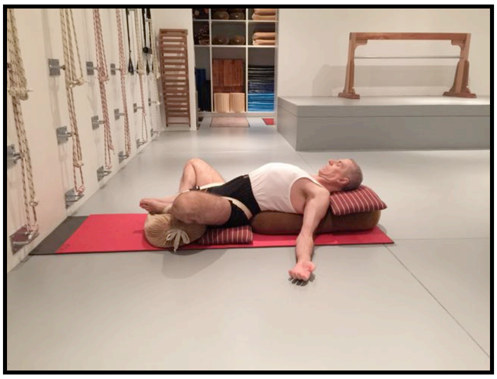
**Yoga Wisdom**

**Spiritual yoga uses the intellect of the heart as well as of the head.**

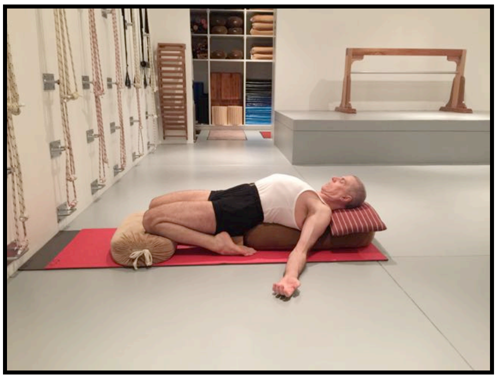
Sequence 58



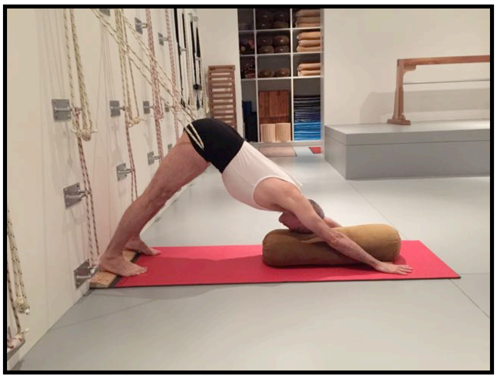
Supta Swastikasana



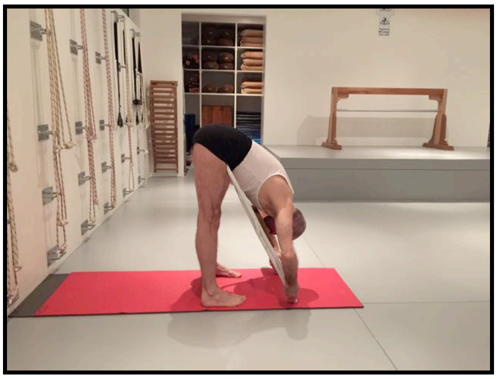
Supta Baddha Konasana



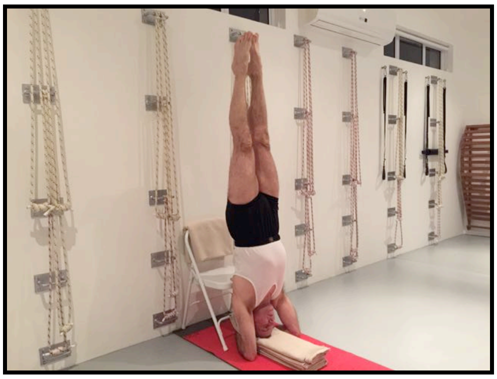
Supta Virasana



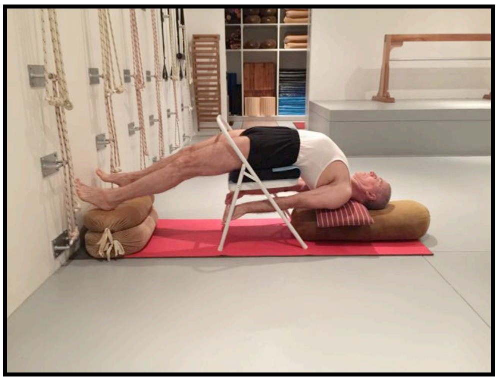
Rope Adho Mukha Svanasana



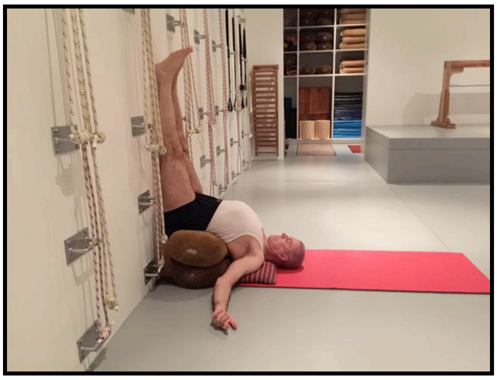
Uttanasana with chair



Salamba Sirsasana I with chair



Chair Setubandha Sarvangasana

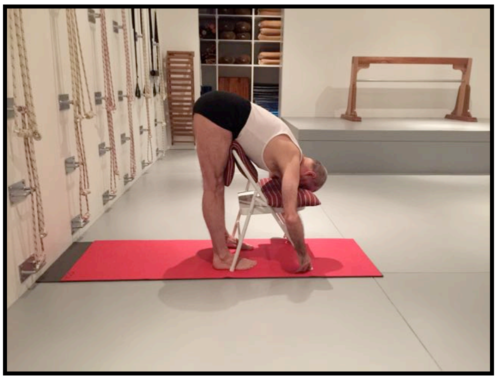


Viparita Karani

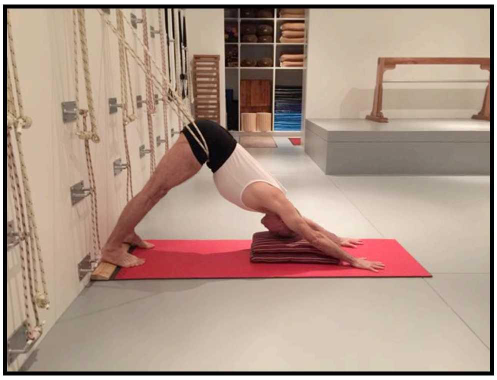
**Yoga Wisdom**

**Yoga is a mirror to look at ourselves from within.**

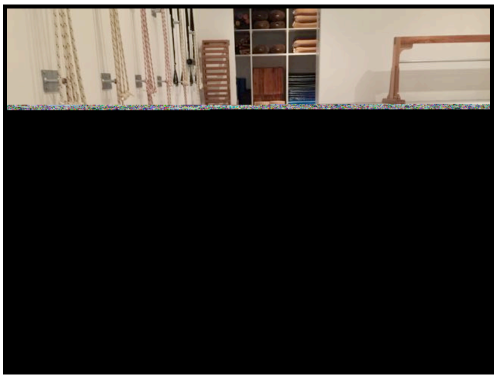
## Sequence 59



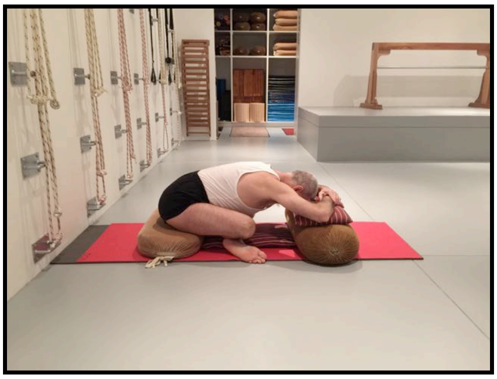
Uttanasana with chair



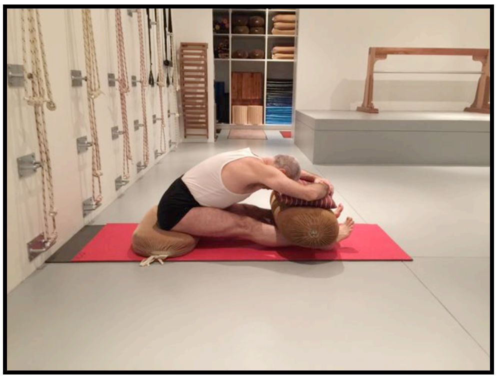
Rope Adho Mukha Svanasana



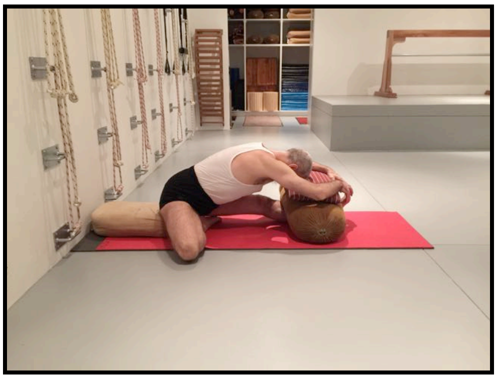
Adho Mukha Virasana



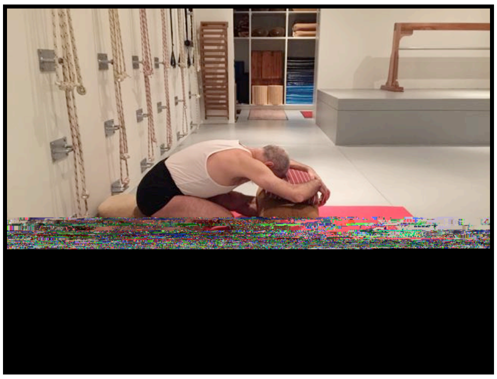
Adho Mukha Swastikasana



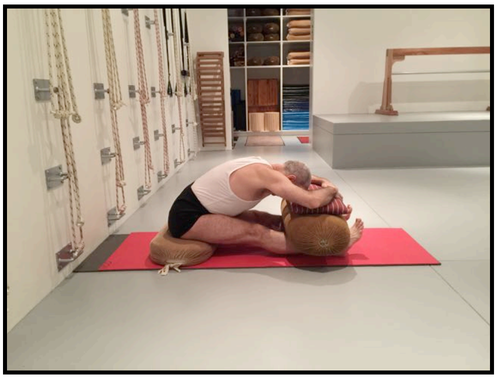
Paschimottanasana



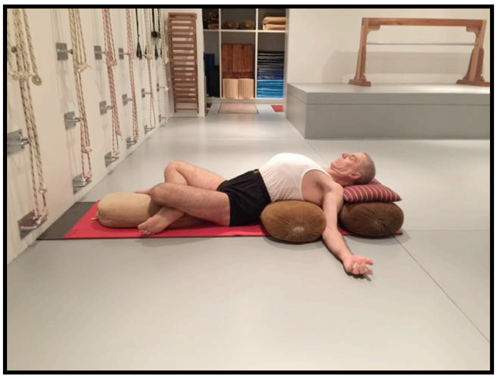
Janu Sirsasana



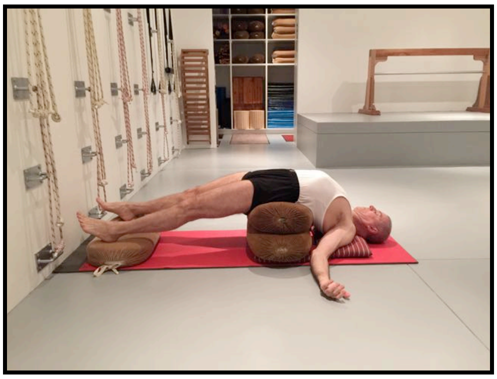
Triang Mukhaikapada Paschimottanasana



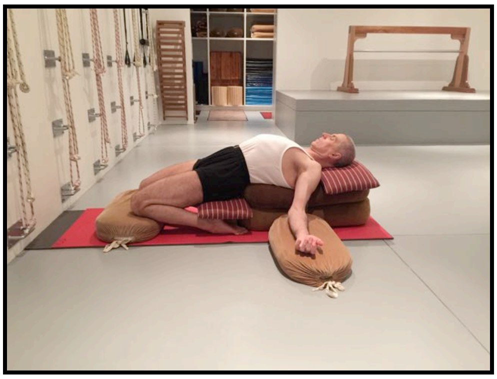
Paschimottanasana



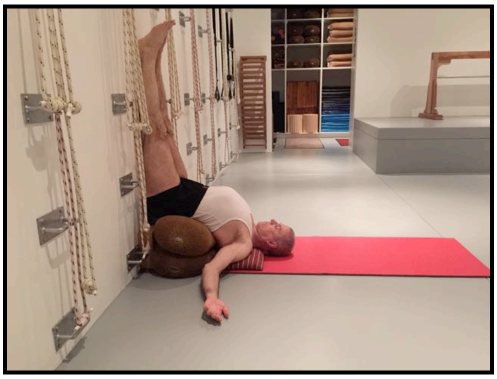
Supta Swastikasana



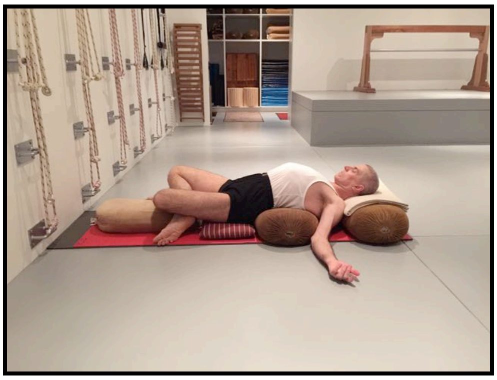
Setubandha Sarvangasana



Supta Virasana



Viparita Karani

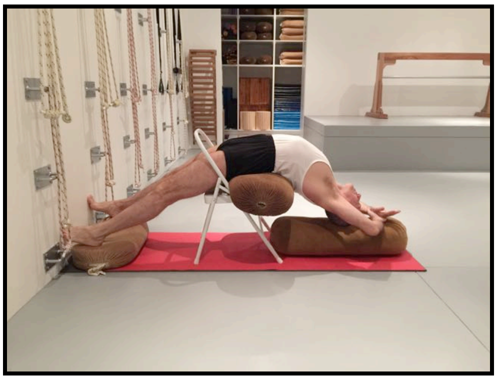


Supta Swastikasana

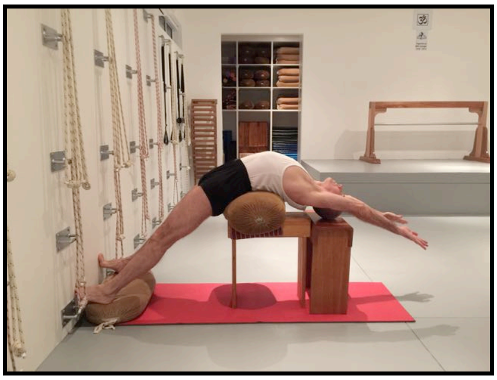
**Yoga Wisdom**

**Freedom with discipline is true freedom.**

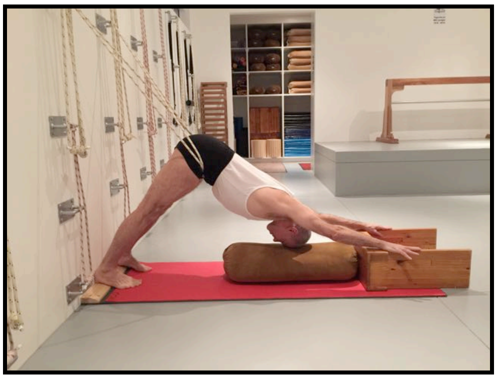
## Sequence 60



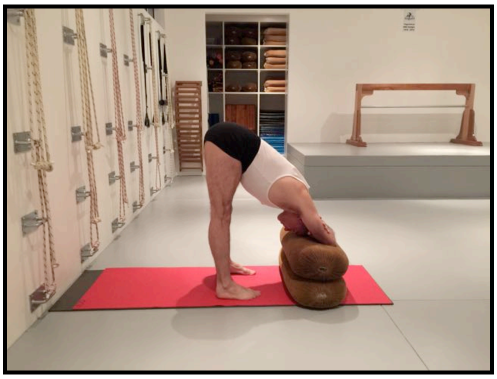
Chair Dwi Pada Viparita Dandasana



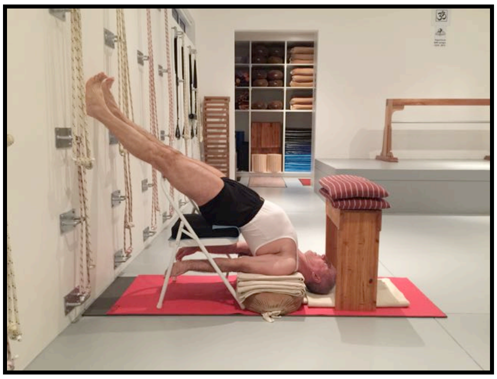
Dwi Pada Viparita Dandasana with benches



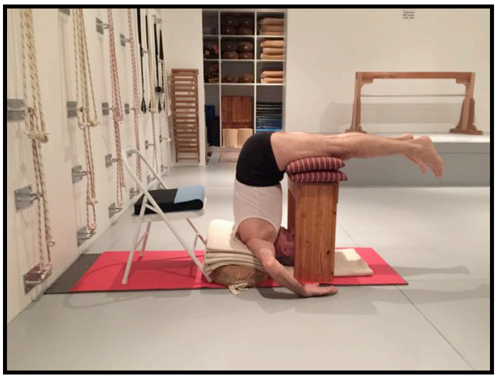
Rope Adho Mukha Svanasana



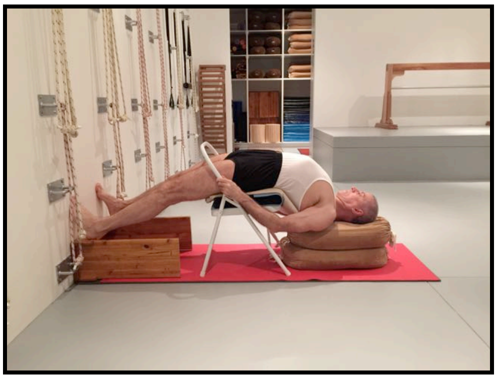
Uttanasana



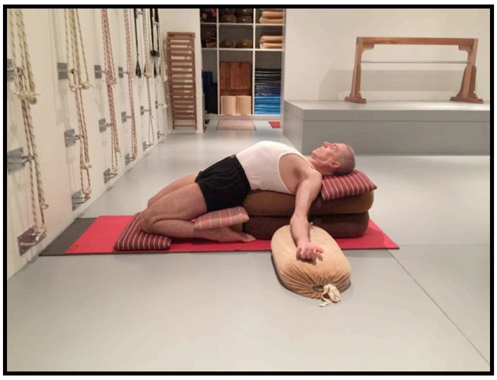
Chair Sarvangasana



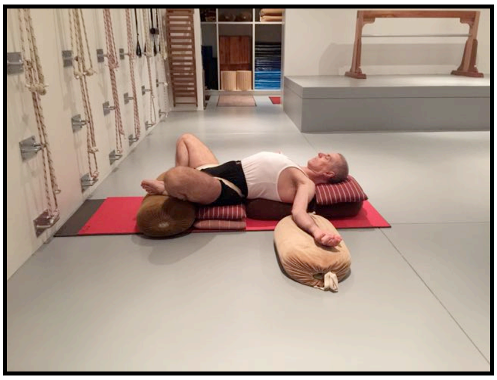
Niralamba Halasana



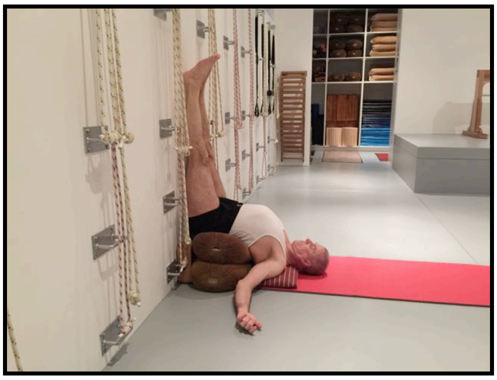
Chair Setubandha Sarvangasana



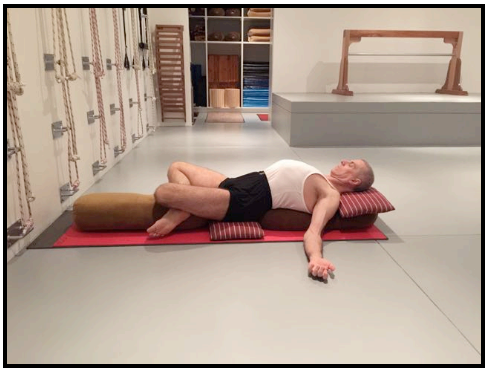
Supta Virasana



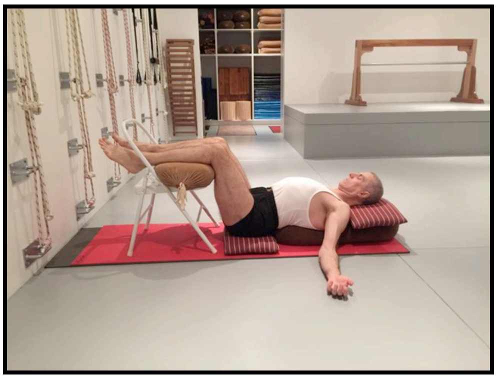
Supta Baddha Konasana



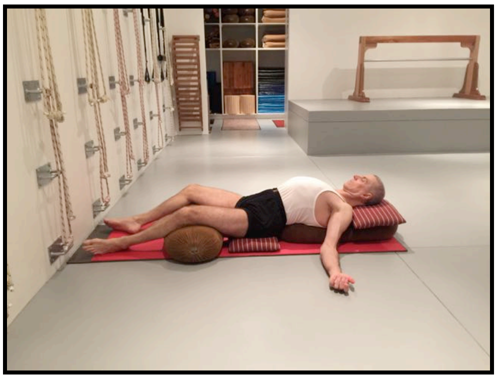
Viparita Karani



Supta Swastikasana



Chair Savasana



Bolster Savasana

## About the authors:

David Jacobs is a certified Senior Intermediate level III Iyengar yoga teacher. David has been studying and practising since 1987 and teaching yoga since 1990.
Jürgen Meusel is a certified Introductory level II Iyengar yoga teacher. He has been studying and practicing since 1995 and teaching yoga since 1999.
David and Jürgen are the directors of the BKS Iyengar Yoga Centre, Schoemanshoek, Oudtshoorn, Klein Karoo in South Africa and they conduct workshops in South Africa, neighbouring countries and around the world.

Visit www.iyengaryogawithdavid.com for more information about David and Jürgen and the Centre in Oudtshoorn.

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Thank you to David for bringing this project to life by practising relentlessly and with dedication and reverence.
Thank you to Jürgen Meusel who worked on this project with his usual vigour and tenacity. Taking the pictures, setting out the guide and typing the material was a challenge, but a labour of learning.
We trust that this book will be of use to you.
We hope that this guide, based on our inherently limited experience and ideas, will be of some value, and that some of its flaws will serve to stimulate others to do better.
This guide is dedicated to all learners – without students where would teachers be.